

CIRCUIT CITY COOKS!

A CULINARY COLLECTION FROM THE ENTIRE
CIRCUIT CITY FAMILY - COAST TO COAST

PRESENTED BY
THE CIRCUIT CITY NETWORK

CIRCUIT CITY COOKS!

A PORTION OF THE PROCEEDS FROM THE SALE OF THIS BOOK
WILL BE PRESENTED TO CHARITY
BY THE CIRCUIT CITY NETWORK

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The Cookbook Committee would like to thank . . .

The entire Circuit City Network of spouses for the inspiration and enthusiasm which went into the production of this book.

Every employee, spouse and friend who contributed their treasured recipes.

Circuit City Stores, Inc., for their interest and continuing support of the Circuit City Network, and particularly this project.

Printed by
Carter Printing Company
Richmond, Virginia

The Circuit City Network

When any company grows, many times the "family" feeling of cohesiveness is lost in the shuffle. The larger the organization, the more feelings of alienation arise at each outpost, distancing the individual from the mainstream. It is for that reason that the support group known as the *Circuit City Network* evolved. Its primary purpose is to reach into the extended regions of the Company and offer assistance and support to employees and their families in the midst of orientation or relocation in an effort to maintain a close relationship between employees, their families, the community and the Company, no matter what position they might hold. The Network is comprised of every spouse in the Company. A nationwide system of volunteers within the Network has been organized in each market area to help orientate new or transferred families in their new environment. This work involves working with the family, both before and after the move, and providing them with resources to locate child care services, doctors, schools, shopping and general area information. In turn, as spouses become familiar with their area, they become an integral part of this ever-growing network. In addition, the local units of the Network provide a forum for charitable works within each market area.

This book has enabled the entire Network to come together in a joint effort to offer cooks within the Company and the public sector an opportunity to share in good cooking and great eating.

Abbreviations Used in This Book

C.....	cup(s)
t.....	teaspoon(s)
T.....	Tablespoon(s)
oz.....	ounce(s)
pt.....	pint(s)
qt.....	quart(s)
gal.....	gallon(s)
pkg(s).....	package(s)
lb(s).....	pound(s)

Temperatures are given in Fahrenheit degrees.

Flour, when listed as an ingredient, is all-purpose, pre-sifted, unless otherwise indicated.

Sugar, when listed, is white, granulated, unless otherwise indicated.

Brown sugar is always measured firmly-packed into measuring cup.

When canned soup is listed as an ingredient, it refers to the standard 10½ ounce size.

All measurements are level, unless otherwise indicated.

Time-Saver Recipes

Throughout this book are a number of recipes that are either quick and easy to make or can be made well ahead of serving time. For quick reference, many of these time-saver recipes are marked with the symbol #2 . Also included are many time-saving Micro-wave recipes which are marked with this symbol #1  at the left-hand margin.

This collection of recipes, gathered from coast to coast, provides something for every palate and every cook, from novice to gourmet. We hope you will enjoy the many outstanding, treasured recipes from our entire "family."

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Grand Openings

Appetizers

Appetizer: "A small portion of tasty food or drink served before or as the first course of a meal. They should not be too filling as they are meant to *stimulate* the appetite."

Appetizers or hors d'oeuvres can set the mood of any meal or party from casual to the most elegant. No matter how simple or elaborate the spread, there must be a variety!

Flavors — include spicy, salty and more bland

Texture — include crunchy, chewy and soft

Temperature — serve some hot, some cold

Size and Shape — large, small, chunky, flat, triangle, balls, etc.

Color — use contrast for eye appeal

Wines and Food

Certain foods *do* complement certain wines. However, don't let any rules influence your personal preference. Drink whatever wine you want regardless of dish. Champagne, however, is good before, during or after any meal! Some suggested complements:

Appetizers Cheese, crackers, olives, nuts, etc.	Sherry Champagne	Meats Steak, veal, lamb, roast beef, stew	Claret, Burgundy, Rosé
Soup	Sherry	Italian Dishes	Chianti, Zinfandel
Seafood, Fish	Chablis, Dry Sauterne, Rhine or White Burgundy	Cheese as dessert	Port, Sherry, Burgundy, Zinfandel
Poultry Roast chicken, duck, turkey, pheasant,	Champagne, Dry Sauterne, Rhine, White or Red Burgundy (with game)	Desserts	Sweet Sauterne, Champagne

Asparagus Blue Cheese Appetizers

- 1 1-lb loaf soft white bread, crusts removed
- 1 5-oz jar pasteurized cheese spread with blue cheese
- 1 10½-oz can asparagus tips, drained
- ½ C lightly salted butter or margarine

Roll each slice of bread flat with a rolling pin. Spread each slice with about 1 t of cheese spread. Put an asparagus tip along one edge and roll up bread with asparagus inside. Cut each bread roll in thirds crosswise.

Melt butter in a small saucepan or skillet over moderately high heat and remove from heat. Dip each bread-asparagus roll in the melted butter and place, seam side down, on a baking sheet. Cover and refrigerate about 1 hour. (At this point, rolls may be wrapped and frozen until ready to heat.)

Heat oven to 375°. Bake 5 minutes; turn and bake 3 minutes longer, until crisp and brown. Transfer to a platter and serve immediately.

Makes about 50 appetizers.

Carol Helton • Richmond, VA

Mormon Beef Jerky

- 1½ lbs choice round steak
- 1 t liquid smoke
- ⅓ t msg
- 1 t onion powder
- ¼ C soy sauce
- ¼ C Worcestershire sauce
- 1 pinch BBQ salt

Partially freeze steak, this makes it easier to cut. Slice steak into ½" strips, the length and width of a butter knife. In a large glass jar, (1 gallon), mix liquid smoke, MSG, onion powder, soy sauce, Worcestershire and BBQ salt. Stir well. To marinade, add meat. Marinate for 24 hours. After meat has marinated, remove from jar; drain and pat dry. Lay strips on a rack over foil in single layers. Cook 8 hours at 200°.

Yields: 1½ lbs

Sherri Arden • Richmond, VA



Bob's Bacon Olives

24 large pimento stuffed olives
 ½ lb bacon

Cut bacon slices into thirds. Wrap each olive in a bacon piece, using a toothpick to hold bacon in place. Place a paper towel on bacon rack or other suitable microwave baking dish. Place bacon-wrapped olives on paper towel, cover with a second paper towel. Bake on HIGH for 1 minute *per* 3 olives. These can be assembled in advance and then baked as needed.

Bob Jackson • Richmond, VA

Hawaiian Meatballs

1 1-lb, 4-oz can pineapple chunks
 1 lb ground chuck beef
 1 egg
 2 slices fresh bread, crumbled
 1 T instant minced onion
 1 t salt
 ⅛ t cloves
 ⅛ t allspice
 2 T reserved pineapple syrup

Drain pineapple well, reserve syrup. Mix together the beef, egg, bread crumbs, onion, salt, cloves, allspice and 2 T syrup. Mold small amount of meat mixture around each pineapple chunk. Place meatballs in a 12 x 8 x 2 in dish. Cover with foil and cook for 30 minutes at 350°. Leave oven on. Remove meatballs and pour off meat juices.

Sauce:

⅓ C reserved pineapple syrup
 ½ C ketchup
 ⅓ C firmly packed brown sugar

Stir together these three ingredients; pour over cooked meatballs. Return to oven, uncovered, for 10 minutes longer.

For a main dish, serve with rice or noodles.

For an appetizer, serve with toothpicks.

Lucy Arreola • Los Angeles, CA



Easy Jalepeno Cheese Squares

- 4 C shredded sharp Cheddar cheese
- 4 eggs, beaten until foamy
- 1 t instant minced onion
- 1 4-oz can chopped green chilies

Combine all ingredients; spread into ungreased 8 x 8 in pan. Bake at 350° for 30 minutes. Let cool for 5 minutes; cut into squares.

Kathy Hannah • Richmond, VA

Sausage Stuffed Mushrooms

- 36 medium mushrooms
- ½ lb sausage
- 4 oz herb stuffing mix, crumb type
- mayonnaise to moisten
- 1 large onion or 3 green onions, including tops, chopped

Wash mushrooms. Remove stems and chop. Brown sausage, stems and onions. Drain well. Mix sausage mixture and stuffing with enough mayonnaise to hold together. Place caps in baking dish, fill with sausage mixture. Cover and chill. These can be made a day ahead. At serving time—preheat oven 450°.

Bake 10 minutes.

Note: To accompany steak, use 8 very large mushrooms. Bake 15 minutes.

Mona Cecil • Richmond, VA



Bourbon Dogs

- ⅓ C chili sauce
- ⅓ C firmly packed brown sugar
- ⅓ C bourbon
- 1 lb hot dogs, cut into quarters

Mix first three ingredients in a saucepan until sugar is dissolved. Put hot dog pieces into sauce; simmer for 15–20 minutes. Place into chafing dish to serve with toothpicks.

Milton Treadway • Richmond, VA

Cucumber Sandwiches

- 2 cucumbers, thinly sliced
- 1 loaf soft, fresh bread
- 1 8-oz pkg cream cheese, softened
- 2 T grated onion
- 2 T Worcestershire sauce
- 2 T mayonnaise
- 2 T ketchup

With a small round cookie cutter, cut circles out of bread slices (try to get 2–3 circles from each slice). Mix remaining ingredients, beat until smooth. Spread mixture on two bread rounds, place a cucumber slice between each two rounds. Chill for about 15 minutes.

Mixture can also double as a chip dip.

Patti Taylor • Richmond, VA

Appetizer Meatballs

- 1 lb ground chuck beef
- 1 onion, finely chopped
- $\frac{3}{4}$ t salt
- 1 10.5-oz can tomato soup
- 3 T lemon juice
- $\frac{1}{4}$ C brown sugar, firmly packed
- 1 15.25-oz can pineapple chunks, drained

Form 1" balls from the ground chuck. In a 9 x 9 in dish, combine onion, salt, soup, lemon juice and brown sugar. Cover and microwave on HIGH for 7 minutes, stirring twice during cooking. Add meatballs to sauce, turning to coat. Microwave on HIGH for 5–6 minutes, covered, stirring twice. Add pineapple, stir to mix; heat 1 more minute on HIGH. Serve with toothpicks.

Ann Nonymous • Richmond, VA

Bacon Wraps

- 1 box Waverly Wafer crackers
- 1 lb sliced bacon, each strip cut in $\frac{1}{2}$

Separate crackers along perforations. Wrap each cracker with a half slice of bacon. Place on cookie sheet and bake at 225° for 2 hours. Serve hot.

Sylvia Wilson • Richmond, VA

Bacon Roll-Ups

- 1 8-oz pkg cream cheese, softened
- 1 12-oz pkg mild sausage
- Worcestershire sauce to taste
- 1 loaf sandwich bread
- ½ lb sliced bacon

Brown sausage slightly and drain off fat. Combine cream cheese and Worcestershire sauce with the crumbled sausage. Trim crusts from bread and flatten each slice. Spread mixture on bread slices and roll up like a jelly roll; chill. Cut each roll into 4 equal pieces; wrap with a bacon slice; secure with a toothpick. Bake at 350° until crisp, about 15–20 minutes.

Tina Clements • Tidewater, VA

Guacamole

- 3 T lemon juice
- 1 medium tomato, chopped, seeds removed
- 1 small onion, chopped
- 1–2 jalapeno peppers, chopped
- 1 t salt
- 2 large, ripe avocados, peeled and chopped

Combine all ingredients in blender until smooth. Serve with tortilla chips.

Carol Beercheck • Los Angeles, CA

Noteworthy Nacho Dip

- ½ lb Velveeta cheese, cubed
- 2 T milk
- ⅓ C sour cream
- 2 T green pepper, finely chopped
- 1 T onion, finely chopped
- 1 T pimento, finely chopped
- a pinch of taco seasoning

Combine cheese and milk in saucepan; stir over low heat until smooth. Add remaining ingredients and mix well. Heat thoroughly. Serve warm with raw vegetables or drizzle over tortilla chips. Makes 1½ C.

Anita McLanahan • Greensboro, NC

Cheeseball

- 1 4-oz pkg chopped walnuts
- 2 8-oz pkgs cream cheese
- 1 5-oz jar bleu cheese
- 1 8-oz bottle cheddar cheese salad dressing
- 4 oz Velveeta cheese
- 2 T minced onion
- 1 t Worcestershire sauce
- ¼ t dry mustard
- ¼ t garlic salt
- ¼ t onion salt
- ¼ t lemon juice
- ¼ t celery salt

Let all ingredients stand till room temperature. Mix together except nuts. Form into ball and roll in walnuts. Keep refrigerated until ready to serve.

Christine • Norfolk, VA

Stuffed Mushrooms

- 1¼ lbs medium sized mushrooms
- 2 T minced green onions
- 1 C cooked crab
- 1 egg—beaten
- ¾ C shredded Jack cheese
- 5 T butter
- 1 T lemon juice
- ½ C soft bread crumbs
- 1 T dillweed
- ¼ C dry white wine

Remove stems from mushrooms and chop. Saute in 2 T melted butter—stems and onions. Remove from heat. Add lemon juice, crab, bread crumbs, dillweed, egg and ¼ cup of cheese.

Stir till blended, melt 3 T of butter in a baking dish. Coat mushroom caps and stuff with crab mixture.

To bake—sprinkle mushrooms with remaining cheese, pour wine into pan. Bake 20 minutes at 400°.

Diane McEvilly • Los Angeles, CA

Cheese Ball

- 2 8-oz pkgs cream cheese
- 1 C chopped pecans
- 2 T finely chopped onion
- ¼ C finely chopped green pepper
- 1 t seasoned salt
- 1 6–8-oz can crushed pineapple, well drained

Combine all ingredients in a bowl, using only ½ C nuts. Mix well, chill for 3–4 hours until firm. Gather mixture into a ball. Chill again before rolling in remaining nuts. Wrap in plastic wrap until ready to use. The longer it sits the better it gets!

Joyce Garlick • Virginia Beach, VA

Cream Cheese Spread

- 16 oz cream cheese, softened
- ¼ C butter
- 1½ T finely chopped shallots
- 1½ T chopped capers
- 1 t paprika
- 1 t anchovy paste
- 2 or 3 anchovy fillets, chopped

Process all ingredients until smooth. Cover and chill for several days to let flavors meld.

Nancy Kopf • Richmond, VA



Stuffed Mushroom Caps

- 8 oz mushrooms, uniform in size
- 1 3-oz pkg cream cheese
- 1 stick butter, melted
- 6 slices bacon, cooked
- 1 small onion, diced fine
- garlic salt to taste (combine with butter)

Soften cream cheese. Cream in diced onion and crumbled bacon. Stuff mushrooms with mixture. Cook for 1–2 minutes on HIGH in microwave, or broil in oven for 1–2 minutes. Pour butter and garlic sauce over mushroom caps serve immediately, with toothpick.

Sherri Arden • Richmond, VA

Broccoli Dip

- 2 sticks garlic cheese (Kraft squeeze-a-snack)
- 1 16-oz pkg chopped broccoli
- ½ C celery, chopped
- 1 medium onion, chopped
- 1 8-oz can sliced mushrooms
- ½ C margarine

Saute chopped onion and celery in margarine. When vegetables are opaque, add mushrooms, saute 1 more minute. Slowly melt cheese, being careful not to burn. Cook broccoli according to pkg directions and drain. Add broccoli, onions and celery to cheese. Serve in a chafing dish to keep warm with Nacho-cheese Doritos, Fritos or your favorite cracker. Serve this when you have a party—everyone will enjoy it!

Jane Brown • Charleston, SC

Creamy Beef Dip or Spread

- 8 oz cream cheese, softened
- 1 small jar sliced, dried beef, chopped
- ¼ C milk
- 1 t dried dill weed
- 1 T prepared horseradish
- Wheatsworth crackers

Combine all ingredients. Chill. Spread on crackers. To use as a dip, add a touch more milk.

Denise Devoe • Virginia Beach, VA



Lo-Cal Quick Dip

- 1 pkg Lo-cal Italian dressing mix
- 1 pt sour cream

Mix together; chill. That's it!

Robin Buchanan • Durham, NC

Herb Dip

- 1 C mayonnaise
- 1 T grated onion
- ½ T lemon juice
- 1 T chopped, dried chives
- ¼ t salt
- ¼ t paprika
- ¼ t garlic powder
- ⅛ t curry powder
- ¼ C dried parsley
- ½ C heavy cream, whipped until stiff

Mix all ingredients, except whipped cream. Gently fold in whipped cream. Chill overnight. Take out of refrigerator and let stand at least 2 hours at room temperature before serving for full flavor.

Robyn Browning • Los Angeles, CA

Madame Wu's Rumaki

- 1 star anise (optional)
- 1 green onion with stem
- 1 t dark Chinese soy sauce
- ½ t light Chinese soy sauce
- ½ t salt
- 2 C water
- ½ lb chicken livers
- 1 8-oz can whole water chestnuts
- 8 slices thin bacon

Put star anise, green onion with stem tied in knot, soy sauces, salt and water in a kettle and bring to a boil. Boil 1 minute, add chicken livers, boil 5 minutes more. Drain livers. Refrigerate until thoroughly chilled before cutting. While livers are chilling, slice 8 water chestnuts in half; cut 8 bacon slices in half. Remove the muscle and vein from chilled livers, cut into chunks about 1" x ½". Place a half water chestnut one end of the bacon half, next to flat surface of a liver slice. Roll tightly; secure with toothpick through the bacon, chestnut and liver. Bake on cookie sheet in hot oven (375°) until bacon is crisp. Drain. These can be made in advance and frozen. Reheat on cookie sheet.

Serve hot!

Serves 16

Sherri Arden • Richmond, VA

Spinach Dip

- 1 loaf Hawaiian Sweet Bread
- 2 pkgs frozen chopped spinach
- 2 pkgs Knorr vegetable soup mix
- 1 can water chestnuts, drained and minced
- 1 pt dairy sour cream
- 3 T mayonnaise

Defrost spinach and squeeze out as much liquid as possible. In a bowl, combine soup mix, water chestnuts, sour cream and mayonnaise; stir well and let sit for 2–3 hours. When ready to serve, slice the very top off the bread loaf and pick out the center of the loaf in bite-sized pieces, leaving the crust as a “bowl.” Put the dip in the bread bowl and surround the loaf with the bread pieces for dipping.

Carol Nelson • Los Angeles, CA

VARIATION:

Instead of using a bread loaf, serve with your favorite cracker.

Joan Rexinger • Richmond, VA

Crab Rangoon

- 1 8-oz pkg cream cheese softened
- 2 T A-1 sauce
- $\frac{3}{4}$ t garlic powder with parsley
- 8 green onions, finely chopped
- oil for frying
- 1 $7\frac{1}{2}$ oz pkg frozen snow crabmeat OR
- 1 $5\frac{1}{2}$ oz can crabmeat
- 1 pkg (40–50) won ton skins (at room temperature)

In bowl, mix together softened cream cheese, A-1 sauce, garlic powder with parsley and onions until well blended. Add crabmeat (thawed, drained and squeezed dry) mix well again. To assemble: Place won ton skin on working area with one corner pointed toward you. Spoon about $\frac{1}{2}$ teaspoon crab mixture on lower half of skin. Roll away from you so you have a cylindrical shape. Use small dab of water to seal point. Twist both ends of skin so that filling is well sealed. Deep fry in hot (360°) oil for about 30 seconds or until lightly browned and crispy. Drain on paper towels. Serve hot!

Note: Freezes well, can substitute salmon or other fish for crab

Serves 50

Bette Wahl • Thousand Oaks, CA

**Blender Cheese Beer Dip**

1 8-oz pkg cream cheese, softened
 ¼ C beer
 ½ lb sharp cheese, grated
 ¾ C milk
 1 clove garlic, minced
 3 medium dill pickles, chopped

Combine cream cheese and milk in a blender. Beat at high speed for about 10 seconds. Add beer, sharp cheese and garlic. Beat until smooth. Add pickles and blend again for about 3 seconds. Chill well. Serve with chips.

Hazel Jenkins • Richmond, VA

Easy Clam Canapes

8 oz cream cheese, softened
 dash of salt
 dash of cayenne pepper
 1 6.5-oz can minced clams, drained
 ¾ t Worcestershire sauce
 1 t minced green onion
 1 t minced parsley
 paprika
 Triscuits

Mix all ingredients; cover and refrigerate, up to 3 days ahead. Twenty minutes before serving, spread a heaping t of mixture on each Triscuit. Bake at 325° for 20 minutes, sprinkle with paprika and serve warm.

Kathy Hannah • Richmond, VA

**Quick Dip**

1 lb Velveeta cheese, cubed
 1 16-oz can tomatoes, drained and chopped
 1 4-oz can chopped jalapeno chiles
 ¼ C chopped onion
 ¼ t red pepper

Combine ingredients in a saucepan; stir over low heat until cheese melts (or use your microwave cooking for 3–4 minutes on LOW stirring often). Serve with tortilla chips and raw vegetables.

Carol Beercheck • Los Angeles, CA

Fondue A La Mexican

- ½ lb lean ground beef
- 1 20-oz can refried beans
- ½ lb process American cheese, cubed
- 1 15-oz can diced green chiles
- 1 15-oz can spicy tomato sauce
- Cubes of French bread, cocktail franks, corn or tortilla chips

Brown beef in skillet; drain fat. Stir in beans and cheese and cook over medium heat until cheese melts. Add tomato sauce and chiles, stirring constantly until hot and bubbly.

Transfer to fondue pot or chafing dish to keep warm. Serve with cubes of bread and cocktail franks as a main dish or with corn or tortilla chips as an appetizer dip. Makes about 4½ C fondue.

Ilene Decker • Thousand Oaks, CA

Petite Salmon Quiches

- 1 egg
- ½ C small curd cottage cheese
- ½ C mild cheddar cheese, grated
- 2 T chopped green onion
- 1 t seasoned salt
- paprika
- ½ t dill weed
- ⅛ t cayenne pepper
- 1 8-oz can salmon, drained and flaked
- 1 8-oz can refrigerator butterflake rolls

Preheat oven to 375°. In a medium bowl beat together egg, cottage cheese and cheddar cheese. Mix in green onion, seasoned salt, dill weed, cayenne pepper and salmon. Separate rolls into 24 pieces. Using 2 pans of 12 each, 1¾ x 1" ungreased miniature muffin cups, press each piece of dough into bottom and sides of muffin cup to form crust. Divide salmon mixture equally among muffin cups. Lightly dust with paprika. Bake at 375° for 15–20 minutes. May be frozen, reheated quickly.

Serves 25

Sherri Arden • Richmond, VA

Petite Reubens

- 1 loaf cocktail rye bread
- Mustard
- ½ lb cold, lean corned beef
sliced thin
- ½ pint fresh sauerkraut (squeezed so that all excess liquid is removed)
- ½ lb domestic Swiss, sliced paper thin

Spread each slice of bread, on one side only, with a generous amount of mustard. Top with folded piece of corned beef that covers the bread but doesn't extend over. Spread about ½ teaspoon sauerkraut over meat, and top with folded piece of Swiss cheese (slightly extending over edges). Bake in preheated 400° oven for about 4 minutes or until cheese is melted.

Note: May be frozen, keeps approximately 3 months

Serves 36

Bette Wahl • Thousand Oaks, CA

Tostado Delight

- 1 large can spicy refried beans
- 1 pkg taco seasoning mix
- 3 medium California avocados
- 8 oz sour cream
- 1 C mayonnaise
- 1 small can black olives, sliced
- ½ bunch green onions, diced
- 1 large tomato, diced
- 1 C sharp cheddar cheese, grated
- 1 C Monterey Jack cheese, grated

Spread beans evenly over large serving plate. Combine mayonnaise, sour cream, mashed avocados and taco seasoning. Spread avocado mixture over beans. Sprinkle black olives and tomatoes over avocado mixture. Top with cheese. (May be heated until hot). Serve with corn chips.

Terri Moyer • Tustin, CA

Zucchini Hors D'Oeuvres

- 3 C zucchini
- 1 C Bisquick
- ½ C finely chopped onion
- ½ C grated Parmesan cheese
- 2 T minced parsley
- ½ t salt
- ½ t marjoram or oregano
- Dash of pepper
- 1 clove garlic, chopped
- ½ C vegetable oil
- 4 eggs, slightly beaten

Slice zucchini very thin. Mix all together in bowl. Bake 25–30 minutes in 350° oven in 13 x 9 well-greased pan. Cool slightly, cut into bite-sized squares.

Joan Rexinger • Richmond, VA

Artichokes and Cheese

- 2 6-oz jars marinated artichoke hearts
- 1 small onion, chopped fine
- 1 clove minced garlic or ½ t garlic powder
- 4 eggs, lightly beaten
- 2 C shredded sharp cheese
- ¼ C bread crumbs
- 2 T dried parsley
- ¼ t salt
- ⅛ t pepper
- ⅛ t oregano
- ½ t Tabasco

Drain oil from one jar of artichoke hearts into a frying pan. Drain oil from the second jar and discard. Chop the artichokes. Saute onion and garlic for 5 minutes in the artichoke oil. Combine remaining ingredients and add to the pan. Mix just to heat through; remove from heat. Lightly grease or Pam an 8 x 8 in baking dish. Lightly press mixture into dish and bake at 325° for 30 minutes or until set. Let cool slightly, 15 minutes. Cut into squares.

Can be frozen.

Anne Olshansky • Richmond, VA

Dill Dip

- 1 C dairy sour cream
- 1 C salad dressing (Miracle Whip)
- 1½ T dill weed
- 1 large red cabbage (hollowed out)
- ½ t seasoned salt
- ½ t lemon juice
- 1 T onion, minced

Combine all ingredients; blend thoroughly. Refrigerate overnight for best flavor. Fill cavity of red cabbage with dill dip, garnish with extra leaves. Serve with fresh chilled vegetables.

Sherri Arden • Richmond, VA

Humus (Chick-Pea Dip)

- 1 16-oz can chick-peas
- 2 cloves garlic
- 2 T olive oil
- 1 slice from a medium onion
- 1½ oz sesame seeds
- Salt & Pepper to taste

Drain chick-peas, reserving ¼ C liquid. Place drained chick-peas, reserved liquid and remaining ingredients into a blender or food processor; blend until smooth. Serve with pieces of pita bread.

Nancy Kopf • Richmond, VA

Diet Vegetable Dip

- 1 t Worcestershire sauce
- dash of Tabasco sauce
- 6 oz low-calorie cottage cheese
- 1 4-oz jar chopped pimento, drained
- ½ t salt
- ½ t garlic salt

Place all in a blender and puree until smooth. Great with fresh, raw vegetables.

Variation: Substitute ¼ C finely chopped parsley for the pimento.

Milton Treadway • Richmond, VA

Taco Platter

- 1 8-oz pkg Doritos or Tostitos
- 1 can refried beans
- 1 pkg taco seasoning
- 1 ripe avocado, peeled and chopped
- juice of ½ lemon
- 1 red onion
- 1 large red tomato
- 1 small can diced green chiles
- 1 small can pitted, ripe black olives
- 1½ C grated Monterey Jack cheese
- 1½ C grated Cheddar cheese

Put chopped avocado in lemon juice to keep from browning.

Mix refried beans and taco seasoning. Spread thinly on large platter. Layer remaining ingredients: onions, tomato (peeled and chopped, seeds removed), chiles, olives, Monterey Jack then Cheddar cheese.

Let stand in refrigerator for at least 3 hours. Serve with the Doritos. This is enough to feed a crowd!

Dianne Lawson • Tidewater, VA

Abalone Cove Guacamole

- 3 California avocados
- ¼ C sour cream
- 1 T lemon juice (not reconstituted)
- ¼ t garlic powder
- ½ small onion, diced fine
- seasoned salt to taste
- pepper to taste
- dash of Tabasco sauce

In large mixing bowl, mash avocados. Add sour cream, lemon juice, garlic powder, onion, salt, pepper and Tabasco sauce. Mix well. Cover and refrigerate. Serve with chips, over enchiladas, tacos or garnish any Mexican dish.

Sherri Arden • Richmond, VA

Spinach Dip

- 1 medium yellow onion
- 2 cloves garlic
- 1 pkg thawed and drained chopped spinach—squeeze dry
- 1 t seasoned salt
- 2 C mayonnaise
- 1 pkg Knorr vegetable soup mix
- 1 can water chestnuts, drained

Using flat blade of food processor, drop garlic and onion through the feed tube while the machine is running. Process until minced; add spinach, salt, mayonnaise and soup mix; process until blended—about 8 seconds. Add chestnuts and process only enough to blend, as they should remain crunchy. Chill and serve with your favorite crisp, raw vegetables.

Ann Olshansky • Richmond, VA



Dilly Dip

- 1½ C sour cream
- 1½ C Miracle Whip salad dressing
- 2 T dried parsley
- 2 T Beau Monde seasonings
- 2 T dried dill weed

Mix all ingredients; chill well. Serve with fresh, raw vegetables or chips. Will keep up to 2 weeks.

Muriel Perry • Richmond, VA



Sausage Biscuits

- 3–4 C Bisquick
- 1 lb of hot sausage
- 1 lb of grated sharp cheese

Mix well. Shape into small balls. Place on cookie sheet and bake in 350° oven for 12 to 15 minutes.

Ruby Thornsby • Virginia Beach, VA

Holiday Nuts

Curried Nuts

- 3 C mixed shelled nuts
- 1 t butter or margarine, melted
- $\frac{1}{2}$ t curry powder
- $\frac{1}{2}$ t salt

Spread nuts on shallow pan and toast in oven at 275° for 20 minutes, shaking pan once or twice. Drizzle nuts with melted butter. Combine curry powder and salt and sprinkle over nut mixture. Stir well. Makes 3 cups

Sugar Coated Nuts

- 1 C raw blanched Virginia peanuts
- $\frac{1}{2}$ C sugar
- 2 t butter or margarine
- $\frac{1}{2}$ t vanilla
- $\frac{3}{4}$ t salt

Combine nuts, sugar and butter in a heavy skillet. Cook and stir over low heat until nuts are toasted and sugar is golden brown, about 15 minutes. Stir in vanilla. Spread nuts on a sheet of foil and sprinkle with salt. Cool and break into pieces.

Smoky Almonds

- $\frac{1}{2}$ t liquid smoke
- 2 t water
- 1 C unblanched whole almonds
- 1 t oil
- salt to taste

Mix liquid smoke and water, toss well with almonds. Place in shallow pan, cover and let almonds stand overnight. Add oil and toss again. Place in 300° oven for 20–25 minutes or until lightly browned. Turn often with pancake spatula while roasting. Sprinkle with salt to taste. (Do not use more liquid smoke than called for in recipe, as it will leave a bitter taste).

Bette Wahl • Thousand Oaks, CA



E. E. Peñas

- ¾ C catsup
- ¾ C brown sugar
- ½ C Southern Comfort
- 2 lb little hot dogs

Mix first 3 ingredients in large saucepan or dutch oven. Add hot dogs and simmer 45 minutes.

Sherri Arden • Mona Cecil • Pat Wilkins Lowczynski • Richmond, VA

Mexican Tortilla Dip—Salsa Dip

This is a mild flavored dip to be served with Tortilla chips. But beware it is so good you must make a lot since guests cannot stop eating.

- 4 green onions—chopped
- 2 medium, firm nice full sized tomatoes
- 1 4 oz can diced green chili peppers
- 2 small cans chopped black olives or 1 large can
- 2 T olive oil
- 1 T vinegar
- 1 t salt

Mix ingredients and store in refrigerator till ready to serve. Can be made in advance; just stir before serving. Leftovers can be used in other salads, put in egg omelette with cheese . . . be creative.

Betty Koch • Irvine, CA

Oven Bean Dip

- 1 large can spicy refried beans
- 1 4-oz can chopped green chilies
- 6 oz grated cheddar cheese
- 1 8-oz carton sour cream—minus 3 T
- 3 T cream cheese
- 2 T chopped green onions

Mix beans, chilies, sour cream and cream cheese until smooth. Place in buttered 1 qt baking dish; cover with cheese and onion. Bake at 475° for 15 minutes.

Serve with tortilla chips.

Carol Beercheck • Los Angeles, CA

Tex-Mex Mix

3 medium sized, ripe avocados
½ t salt
¼ t pepper
2 T lemon juice
1 C sour cream
½ C mayonnaise
1 pkg taco seasoning mix
2 4-oz cans jalepeno bean dip
1 bunch green onions, chopped
3 medium tomatoes, chopped and seeded
1 8-oz can pitted ripe olives, sliced
8 oz shredded cheddar cheese
Taco chips

Mash avocados with salt, pepper and lemon juice. Combine sour cream, mayonnaise and taco seasoning mix. Set both mixtures aside. Layer all ingredients in a 9 x 13 in dish as follows: bean dip, avocado mixture, sour cream mixture, onion, tomato, olives and cheese. Chill until ready to serve. Serve with taco chips. Serves 12.

Brenda Adams • Nashville, TN

Mexican Layer Dip

1 large can refried beans
1 pkg taco seasoning mix
2 medium tomatoes, chopped and seeded
1 4-oz can sliced, black olives
1 ripe avocado, chopped
1 t picante sauce
1 t lemon juice
8 oz Monterey Jack cheese, grated
1 bunch spring onions, chopped
8 oz sour cream
1 4-oz can green chilies

Mix together the beans and taco seasoning. Spread out smoothly on the bottom of a large, round serving dish. Toss avocado with the lemon juice and picante sauce. Layer remaining ingredients, in order listed, on top of bean mixture. Chill thoroughly. Set out for 10 minutes before serving for easier dipping. Serve with nacho chips.

Janet Rivas • Richmond, VA

Super Nachos

- ½ lb lean ground beef
- ½ lb chorizo (Mexican sausage)
- 1 large onion, chopped
- 1 large can refried beans
- 1 4-oz can chopped green chilies
- 1½ C shredded Monterey Jack cheese
- 1½ C shredded cheddar cheese
- ¾ C taco sauce

Fry together the ground beef, chorizo and the onion until meat is browned. Drain off fat. Spread beans in a 9 x 13 in pan. Layer meat mixture on top of beans. Sprinkle chilies over meat. Cover with cheeses; drizzle with taco sauce. Bake at 400° for 20–25 minutes. Garnish with your choices of one or more of the following: sour cream, avocado dip, chopped ripe olives or chopped onion. Serve hot with tortilla chips tucked around the entire edge of pan.

Anita Gaumer • Los Angeles, CA

Layered Nacho Dip

- 1 17-oz can refried beans
- 1 4-oz can chopped chilies
- 1 medium onion, chopped
- ½ C chopped ripe olives
- 1 ripe avocado, peeled and chopped
- 1 T lemon juice
- 1 clove garlic, crushed
- dash of Tabasco
- 1 C sour cream
- 1 C grated sharp cheese

In a 1 qt heat-proof casserole, combine beans, chilies, onion and olives. Mash avocado with lemon juice, garlic and Tabasco. Spread over bean mixture. Combine sour cream and cheese; spread over avocado. Bake at 350° for 20 minutes until hot and bubbly. Serve with tortilla chips, digging deep to scoop up all the layers. Makes 4 C.

Ilene Decker • Thousand Oaks, CA

Chile Rellenos in Won Tons

½ lb sharp cheddar cheese, grated
1 4-oz can chopped green chilis
4 green onions, minced
1 egg yolk
1 pkg won ton skins
Oil for deep frying

Put grated cheese into a bowl. Add chiles, onions and egg yolk and mix well. Lay won ton skin flat, place ½ t filling in center and bring all sides together, sealing with water. Twist top of all corners together and pinch. Drop into oil ready for deep frying, 360°. Deep fry until golden brown and crisp, about 30 seconds. Drain on paper towels.

Makes about 50.

Bette Wahl • Thousand Oaks, CA

Roquefort Mousse

1 T unflavored gelatin
¼ C water
½ lb Roquefort cheese (room temperature)
¼ C heavy cream
1¼ C heavy cream whipped

Soften gelatin in water, set aside. In food processor, combine cheese and ¼ C heavy cream. Blend in softened gelatin. Fold whipped cream into gelatin cheese mixture. Pour into an oiled 2 cup mold and chill until firm, at least 2 hours. Serve with fresh vegetables or toast rounds.

Sherri Arden • Richmond, VA



Nippy Cheese Ball

1 Nippy Cheese (Kraft)
½ C margarine
8 oz cream cheese, softened
½ onion, grated
chopped pecans

Mix all ingredients well; chill. Form into a ball when cold. Roll ball in chopped pecans. Serve on crackers.

Anne Olshansky • Richmond, VA

Fried Stuffed Mushroom Caps

An elegant first course

3 T finely chopped shallots or scallions
¼ C chopped green pepper
½ C clam juice
1 T lemon juice
1½ C shredded crab meat
½ C grated Parmesan cheese
½ C bread crumbs
salt & pepper
oil for frying
24 large, fresh mushroom caps
1 C flour
1 C fine bread crumbs
1 egg, lightly beaten
1 lemon, cut in wedges
½–1 C of your favorite béarnaise sauce

Put shallots and green peppers in a saucepan with enough clam juice to cover. Cook, covered for 5 minutes, until vegetables are tender. Pour into medium bowl; add crab meat, cheese, lemon juice, bread crumbs, salt and pepper to taste. Add a little additional clam juice if too dry. Prepare 3 dishes; one with the flour, one with the 1 C bread crumbs and the last with the beaten egg. Stuff mushroom caps, tightly. Dip stuffed cap first in flour, to coat, then in egg and lastly in bread crumbs. Set on rack and chill 1 hour. To serve: heat oil in electric skillet to 375°. Fry caps 3–4 minutes, turning frequently so all sides are golden brown. Drain on absorbent paper. Serve hot, garnishing with lemon wedges. Spoon a little béarnaise on each cap.

Kathy Anderson • Hickory Hollow, TN

Quesadillas

- 1 pkg large flour tortillas
- 1 small can green chilis, diced
- ½ lb sharp cheddar cheese, grated
- 2 California avocados
- 1–2 T sour cream
- 1 t lemon juice (not reconstituted)
- ½ small onion, diced fine
- ¼ t garlic powder
- seasoned salt to taste
- pepper to taste
- dash Tabasco sauce
- 2–3 T butter

In large mixing bowl, mash avocados. Add sour cream, lemon juice, onion, garlic powder, salt, pepper and Tabasco sauce. Blend well until creamy. Cover and chill. Heat large skillet on low, add butter. (Skillet must be big enough for tortilla to lay flat). Stir butter until melted on bottom of skillet. Place tortilla flat in skillet, immediately sprinkle generously with cheese. Add chilis as desired over cheese. Top with another tortilla. Cover, cook for 2–3 minutes or until tortilla bottom is browned and cheese is melted. Turn tortilla over, cook 2–3 minutes until bottom is browned. Remove from skillet onto serving platter. Spread avocado mixture over tortillas. Cut into pie shaped wedges. Serve hot!

Serves 4–6

Sherri Arden • Richmond, VA

Islander Cheese Ball

- 16 oz softened cream cheese
- 8 oz crushed pineapple, drained
- 2 T green onions, including tops, chopped
- ¼–½ C green pepper, chopped
- 2 t seasoned salt
- 2 C pecans, chopped

Mix cheese and pineapple with mixer. Stir in onion, green pepper, salt and ½ C pecans. Roll into one large ball, 2 logs or fill a scooped-out fresh pineapple half. Roll or top with remaining pecans. Serve with bacon-flavored crackers.

Tina Clements • Tidewater, VA

Guacamole Stuffed Eggs

- 2 ripe medium avocados
peeled, pitted
- 1 t lemon juice
- ½ C well drained canned tomatoes
- ¼ t seasoned salt
- 2 t Tabasco sauce
- 12 hard cooked eggs, peeled
- 3 slices crisp fried bacon, crumbled fine

Mash avocado. Add next 4 ingredients and mix thoroughly. Quarter the eggs lengthwise and remove yolk. Skewer, through the thick end of the egg, diagonally down, with a frilled wooden toothpick. Fill cavities with guacamole and top with crumbled bacon.

Serves 48

Sherri Arden • Richmond, VA

Mushrooms

- 1 lb fresh mushrooms (medium)
- ¼ C margarine/butter
- 1 8-oz package cream cheese
- 1 pkg Blue Cheese Good Season's dressing mix
- ¼ C chopped onion
- 2 T milk

Remove stems from mushrooms, chop stems. Saute caps in butter for 5 minutes. Combine cream cheese, dressing mix (powder), milk. Stir in chopped mushroom stems and onions. Fill caps, broil until brown. Remove, refrigerate. When ready to serve, put under broiler for a few minutes.

Joan Rexinger • Richmond, VA

Make Ahead Mushroom Rolls

Great to have in the freezer

20–25 thin slices of white bread
softened butter
1 lb mushrooms, finely chopped
6 T butter
1 large onion, finely chopped
½ t thyme
1 t salt
freshly ground black pepper to taste
4 T flour
½ C sweet or sour cream
additional melted butter

Remove crusts from the bread slices and roll each slice to ⅛" thickness with a rolling pin. Spread the surface of each slice with softened butter and set aside. Sauté the mushrooms and onion in the 6 T butter until onions are transparent. Add thyme, salt and pepper and sprinkle with flour. Stir in the cream and cook gently until thickened. Spread about one T of this mixture over each slice of buttered bread. Roll like a jelly roll and place seam side down on a cookie sheet, close together. Place in freezer for 1–2 hours until firm. Remove from freezer and working quickly, cut each roll, cross-wise, into thirds. Place pieces into an air-tight plastic bag or container and return to the freezer until ready to serve. To serve: preheat oven to 400°. Have ready melted butter. Quickly dip each roll into melted butter and place cut side down onto cookie sheet. Bake for 20 minutes or until golden. Take out only as many from the freezer as you will bake at one time. Makes 60–75 appetizers.

Kathy Hannah • Richmond, VA



Hot Crab Dip

8 oz crab meat
18 oz cream cheese, softened
2 t grated onion
1 t horseradish
1 T milk
dash Worcestershire

Mix all ingredients until well blended. Place in glass pie plate or 8 x 8 in dish. Bake at 375° for 25 minutes. Optional: top with toasted almonds. Serve with your favorite cracker.

Cathy Antos • Los Angeles, CA

Crab Meat Fondue

- 2 7-oz cans crab meat
- 2 5-oz jars Old English cheese product
- 2 8-oz pkgs cream cheese
- 1 T Worcestershire sauce
- 1 t garlic powder
- 1 loaf French bread

Set French bread out for several hours before serving so it can get crusty. Blend all other ingredients, except crab meat, in a saucepan. Add crab meat just before serving. Serve in a fondue pot with the French bread, cut into cubes, on the side for dipping.

Dorothy Bernstein • Jericho, NY

Crab Delight

Don't let the canned soup bother you—this really is delicious!

- 1 envelope unflavored gelatin
- 3 T cold water
- 1 10-oz can cream of mushroom soup
- 6 oz cream cheese, softened
- $\frac{3}{4}$ C mayonnaise
- 1 C chopped celery
- 8–12 oz crab meat, fresh if possible
- 1 small onion, grated
- parsley for garnish

Soften the gelatin in the cold water. Warm the soup to simmering; add the softened gelatin and cream cheese and stir over medium heat until dissolved—about 3 minutes. Remove from heat and add mayonnaise, celery, crab meat and grated onion. Rinse a 4–5 C mold with cold water. Pour the mixture into the mold and chill overnight. Unmold on a cold serving platter, garnish with parsley and serve with crackers.

Ann Aldrich • Richmond, VA

Crab Delight Variation

Increase mayonnaise to 1 cup, substitute 3 scallions with tops, chopped, for the grated onion. Also, you may want to put the mixture into 2 small molds; freeze one for later use.

Helen Barrios • Los Angeles, CA

Clam Broth Puffs

1 C clam broth or liquid drained from canned clams
½ C butter
1 C flour
5 eggs at room temperature
½ t milk
clam filling (recipe follows)

Heat liquid in a saucepan. Add butter and bring to a boil. Add flour all at once and stir vigorously with a wooden spoon over low heat until mixture leaves the sides of the pan and forms a smooth ball. Transfer to a mixing bowl. Add 4 eggs, one at a time, beating thoroughly after each addition until thick dough is formed. Place ½ t of batter on ungreased baking sheets about 1" apart. Brush tops with remaining egg beaten with milk. Bake at 400° for 10 minutes. Reduce heat to 300° without opening oven door and bake for 20–25 more minutes. Cool, cut in half; fill with clam filling; replace tops. Ready to serve.

*To freeze: Freeze on flat tray. When firm, pack in plastic bag or container. On serving day, heat at 400° for 15 minutes.

Clam Filling:

5 6.5-oz cans minced clams, drained
2 8-oz pkgs chive cream cheese
6–10 dashes Tabasco sauce
½ t pepper
1 t seasoned salt

Combine all ingredients, blending thoroughly.

Kathy Hannah • Richmond, VA

Crabmeat Dip

2 3-oz pkg cream cheese, softened
3 T mild cheese, grated
1 T mayonnaise
½ C finely chopped celery
1 t Worcestershire sauce
2 t lemon juice
1 6-oz can (or fresh) crabmeat

Beat together cheeses and mayonnaise; add remaining ingredients. Mix well. Chill at least one hour before serving with your favorite cracker.

Debbie Rottweiler • Louisville, KY



Shrimp Dip

½ lb shrimp (cooked)
2 3-oz pkgs cream cheese
⅓ C French-type dressing
¼ C chili sauce
Juice of ½ lemon
1 t Worcestershire sauce
Juice of ½ onion

Combine all ingredients except shrimp in blender. Put shrimp through meat grinder. Add to sauce. Chill and serve with chunks of celery, carrots and crackers.

Joan Rexinger • Richmond, VA

Shrimp Mold

1 10.5-oz can cream of shrimp soup
1 8-oz pkg cream cheese
1 envelope Knox gelatin
½ C cold water
½ C chopped onion
¼ C chopped green pepper
¼ C chopped celery
2 8-oz pkgs frozen shrimp, thawed, drained
½ C mayonnaise

Melt together the cheese and soup. Dissolve gelatin in cold water. Mix the gelatin, soup mixture and the remaining ingredients. Pour into rinsed, 6 C mold; chill overnight. To serve, unmold onto plate, garnish with parsley at the base and serve with crackers.

Dee Kallman • Greensboro, NC

Hot Wassail

2 gallons cider
1 gallon cranberry juice
1 qt orange juice
2 C sugar
6 t bitters
3 t allspice
1 whole orange spiked with
cloves (about 30-40)
15 pieces stick cinnamon
rum to taste (optional)

Mix all ingredients in large kettle (canning kettle works great) except rum.
Simmer to blend about 2 hours. Add rum to taste.

Sherri Arden • Richmond, VA

Christmas Wassail

1 gal apple cider
 $\frac{4}{5}$ qt Peach brandy
6 whole cloves
 $\frac{3}{4}$ lb hard, cinnamon ball candy

In a large pot, heat 1 qt of cider until it comes to a light boil add cloves and candy balls. Simmer until candy balls melt. Add remaining cider and brandy, return to a light boil. Serve in warmed punch bowl or from a crock pot.

Kathy Hannah • Richmond, VA

Hot Chocolate Mix

10 C instant dry milk
1 16-oz jar Cremora
1 32-oz can Nestles Quik
2 C sugar

Mix all ingredients (a large plastic bag works well). Store in airtight containers.
To use: fill a cup $\frac{1}{3}$ full of dry mix, finish filling with very hot water, stir to blend.

Veronica Bussey • Virginia Beach, VA

Russian Tea

- 2 C hot water
- 1 3-oz pkg cherry Jello
- 4 tea bags
- 14 whole cloves
- 3 cinnamon sticks
- 1¼ C sugar
- 1 12-oz can orange juice concentrate
- 1 #2½ can pineapple juice
- juice of 3 lemons

Combine water, jello, tea bags, cloves and cinnamon sticks in a saucepan. Simmer for 10 minutes. Strain the mixture into a gallon container. Add the sugar and juices. Fill the remainder of the container with cold water. Store in the refrigerator. Heat to serve. A crock pot works well in retaining the heat.

Suzie Martin • Richmond, VA

Hot Cranberry Snap

Great in the fall or at Christmas time

- 4 C cranberries, fresh
- 2 qts water
- 1 C sugar
- peel from one orange
- 2 cinnamon sticks
- 2 t whole cloves
- 2 t whole allspice
- 2 qts apple juice
- 1 qt apple cider

Pick over cranberries and put in large saucepan. Add water, sugar and orange peel. Tie spices in a piece of cheese cloth and add to pot. Bring slowly to a boil and cook 5 minutes. Crush the cranberries with the back of a large spoon against the side of the pan while cooking. Discard spices and orange peel. Pour through a fine strainer. Return cranberry liquid to pan and add apple juice. Heat again to boiling point and add warmed apple cider. Pour into a heated silver or china bowl. Makes 5 qts.

Becky McClain • Louisville, KY

Fluffy Eggnog

To please everyone, serve incredibly rich eggnog in two bowls—one with liquor, one without

12 egg yolks
 1¼ C sugar
 4 C milk
 12 egg whites
 1 C heavy cream
 2 T vanilla extract
 nutmeg

In a medium bowl, beat egg yolks until thick and smooth. In a medium saucepan, combine beaten yolks, ¾ C sugar and ¾ C milk. Stir constantly over medium-low heat until mixture thickens to a soft custard—10–15 minutes. Cool. In a very large bowl, beat egg whites until frothy. Slowly add remaining ½ C sugar. Beat until soft peaks form. Fold cooled custard into egg whites. In a medium bowl, whip cream until stiff. Add whipped cream, remaining 3¾ C milk and vanilla to custard. Stir gently until blended. Refrigerate several hours. Before serving eggnog, stir well, pour into serving bowl. Sprinkle with nutmeg.

Optional: add 4–6 C rum or brandy. Makes 16 5-oz servings.

Toni Wilson • Richmond, VA

Elegant Egg Nog

4 eggs, separated
 3 T sugar
 ½ C sugar
 ¼ t salt
 3 C milk
 1 t rum or vanilla

Beat egg whites until foamy in 1 qt bowl. Beat in 3 T sugar, 1 T at a time. Continue beating until stiff and glossy. Set aside. Combine egg yolks, ½ C sugar and salt in a 2 qt bowl. Beat until thick and lemon colored. Stir in milk and rum or vanilla. Microwave 4 minutes on high or until mixture is hot but not boiling. Carefully fold egg whites into milk mixture until well blended. Fill serving cup ½ to ¾ full. Top with grated chocolate or nutmeg.

Note: To serve cold, cool to room temperature and then refrigerate. Egg nog cannot be reheated, as egg whites will cook.

Sherri Arden • Richmond, VA

Sparkling Champagne Punch

- 1 ½ qt bottle champagne, chilled
- 1 ½ qt bottle chablis wine, chilled
- 2 10-oz bottles club soda, chilled
- 4 oz brandy
- 3 oz crème de cassis
- ice or ice ring
- 1 pt fresh strawberries

In a large punch bowl mix champagne, wine, club soda, brandy and crème de cassis. Add ice or ice ring. Set cups or glasses around punch bowl, putting a fresh strawberry in each. Makes 20 4-oz servings.

Toni Wilson • Richmond, VA

Christmas Champagne Punch

- 2 fresh pineapples, peeled, cored and sliced
- 1 lb powdered sugar
- 2 C lemon juice
- ½ C Curacao
- ½ C grenadine
- 2 C light rum
- 2 C dark rum
- 4 bottles champagne
- 1 2-liter bottle 7-Up

ice block or ring

Crush or chop pineapple slices. In a large container dissolve powdered sugar in lemon juice. Add pineapple, Curacao, grenadine and rums. Chill at least 2 hours. Pour mixture over ice in large punch bowl. Add the champagne and 7-Up, stirring gently. Serves 20 people twice.

Kathy Hannah • Richmond, VA

After Dinner Mai Tai

- ½ C apricot nectar
- 2 large scoops Baskin Robbins' Whipped Fruit Rhapsody
- 2 oz light rum

Place ingredients in blender, whip just til smooth. Pour into two stemmed glasses, serve immediately. Or, pour into 4 demi-tasse cups, refrigerate an hour to thicken; serve with demi-tasse spoons.

Cheryl O. Woods • Los Angeles, CA

Irish Cream

Make your own fresh Irish Cream. Made in the blender. It's simple, fast and delicious.

- 1 can Carnation condensed milk
- 1 C Irish Whiskey (Old Bushmills)
- 3 eggs
- 1 t liquid chocolate
- 3 t almond extract
- ½ pt heavy sweet cream (whipping cream)

Blend and chill.

Laura Liverman • Los Angeles, CA

Whiskey Sour Fruit Punch

Put the following in a punch bowl:

- 2½ C whiskey
- 2½ C ginger ale
- 6 oz lemon juice
- 1 6-oz can frozen orange juice
- 2 6-oz cans frozen lemonade
- 1 pkg frozen strawberries

Stir the above ingredients and add ice to keep chilled.

Makes about 20 servings.

Ruth Ann Balla • Raleigh, NC

Champagne & Peaches

a wonderful brunch beverage

- 1 28-oz can chilled sliced peaches
- 1 chilled bottle of champagne

Drain off all liquid from peaches, place fruit in blender. Process at highest speed until puréed. Add champagne, blend on low speed 2 seconds. Pour into stemmed goblets. Serves 4.

Kathy Hannah • Richmond, VA

Hot Buttered Rum Mix

Makes a winter's supply

1 lb butter, softened
 1 lb light brown sugar
 1 lb powdered sugar
 2 t cinnamon
 2 t nutmeg
 1 qt vanilla ice cream, softened
 light rum
 whipped cream
 cinnamon sticks

With electric mixer, beat butter, sugars and spices until light and fluffy. Blend in ice cream. Put in 2 qt container and store in freezer. At the first sign of snow . . . place 3 T mixture and 1 jigger of rum into a large mug. Fill the rest of the mug with boiling water. Stir. Top with whipped cream and a cinnamon stick.

Paulette Greentree • Richmond, VA

Fruited Ice Ring

Keep a second ice ring in the freezer to replace a melted one

6 C water
 5–6 large green garden leaves such as lemon (not Holly)
 2 lemons, cut in half
 1 17-oz can cling peach halves, drained
 4 strawberries
 2 candied cherries, halved

Fill a 6 C ring mold half full of water; freeze until solid. Remove from freezer, place leaves shiny side up on ice. Cut a slice from the bottom of the lemon halves so they sit flat. Alternate peach and lemon halves on leaves; tops of fruits should be even and slightly below top of mold. Place a strawberry on each peach half and a cherry on each lemon half. Carefully pour a small amount of water around fruit and leaves; return to freezer until frozen solid. Add more water to fill mold completely. Freeze mold overnight or for several weeks. Unmold by dipping bottom of mold into cold water. Turn out on heavy foil and store in freezer until ready.

Toni Wilson • Richmond, VA

Frozen Brandy Sour

- 1 6-oz can lemonade concentrate
- 3 6-oz cans water
- 1 T frozen orange juice concentrate
- 1½ C apricot brandy

Combine all ingredients; freeze. When ready to serve, spoon some of the mixture into blender (mixture will be slushy) and give it just a quick whirl. Serve with a garnish of maraschino cherry and a slice of orange.

Kathy Hannah • Richmond, VA

Cooks' Quips

How to Frost a glass: There are two ways to "frost" a glass. For "frosted" drinks, glasses should be stored in the refrigerator or buried in shaved ice long enough to give each glass a white, frosted, ice-cold look and feel. For a frosted rim, moisten the rim of a prechilled glass with a slice of lemon or lime, then dip the rim in powdered sugar or salt.

So as not to dilute your cold drinks, try making ice cubes from the "mixers" you intend to use; soda, tonic, lemonade, 7-Up, etc.

For entertaining, try waxing your ashtrays before guests arrive. Ashes won't cling, odors won't linger and cleaning up is easy!

Cover an empty coffee can with a plastic lid with foil for emptying ash trays as they fill up at a party. The can is not unsightly and odors are kept to a minimum.

A quick and pretty ice ring: Place ½" water into a ring mold. Place in freezer for half an hour. Remove and place an artificial holly wreath, upside down onto the ice. Carefully pour another ½" of water into the mold, pressing the holly ring gently into the first ice layer. Freeze 1 hour; remove from freezer and fill remaining mold with cold water. Freeze until ready to use. When your party's over, stick the artificial wreath in the top rack of your dishwasher and you're ready for next time.



Top of the Line

Great Garnishes!

Curled Green Onions. Trim green onions, cutting off all but 3" of green tops; slit green tops down to white portion three or four times; refrigerate in iced water until tops curl. Or, cut green tops into 3" pieces, make three or four 1" slits in each end; refrigerate in iced water until curled.

Canapé Shapes. Use tiny canapé cutters to cut shapes from cheese slices, hard cooked egg whites, pickle slices, slices from firm vegetables such as carrot, turnip, radish or water chestnuts.

Cherry Tomato Blossoms. With the tip of a sharp knife, make 4 skin-deep slits half-way down sides of firm cherry tomato. Place tomato in boiling water for 1 minute; plunge immediately into cold water. Carefully peel back skin sections half-way down sides to make petals.

Cheese Balls. Make small balls of cream cheese or process cheese spread; or cut cheese into small cubes. Roll cheese in chopped nuts.

Fresh Leaves. Garnish salads with strawberry leaves, nasturtium leaves, leaves from fruit trees.

Fresh Flowers. Garnish summer salads with non-toxic flowers such as sweet peas, lavender, forget-me-nots, violets, roses, chrysanthemums, daisies.

Herb Sprigs. Use sprigs of fresh dill, basil, mint, tarragon as well as parsley for salad garnishes.

Melon Clusters. Peel small cantaloupe or honeydew melon. Cut in half crosswise; remove seeds. Cut into very thin crosswise slices; cut the ring and roll it into a cone shape; secure with toothpick. Place parsley in center of each cone. Arrange three cones together to make a cluster; secure with toothpicks.

Onion Chrysanthemums. Peel a Spanish or Bermuda Onion; slice off top. Cut into quarters to within 1/2" from the bottom. Slice each onion quarter into thin wedges. Force toothpicks into each cut. Place onion in *water colored deeply with red, orange or yellow food color*. Let stand at room temperature for 24 hours. Drain flower on paper towels, then remove toothpicks and lightly press petals outward.

Radish Pompons. Trim large radishes, leaving some leaves and slicing off roots. With a sharp knife, make cuts in surface of root ends. 1/2" deep; make similar cuts at right angles to original cuts. Refrigerate radishes in iced water until sections separate. Use in clusters of 2 or 3 as garnish.

Orange Rosebuds. Using a sawing motion, starting at stem end, cut off a continuous thin peel from an orange. Cut into 6" lengths, then wind up to resemble a rose. Fasten with toothpick; then cut off end so pick doesn't show. Wrap and refrigerate until used as garnish.

Perfect Rump Roast

Preheat oven to 325°. Season the roast with garlic powder, Lawry's seasoned salt, ground black pepper and onion powder to taste. Place meat in foil, pour $\frac{1}{2}$ – $\frac{3}{4}$ C of your favorite wine. Seal foil tightly. Place wrapped roast in oven and bake:

17 minutes per pound for Rare

19 minutes per pound for Medium

22 minutes per pound for Well Done

Marlene Rivas • Richmond, VA



Microwave Procedure For Cooking A Roast

Minutes per pound

10–12 minutes–Rare

12–13 minutes–Medium Rare

13–14 minutes–Medium

14–15 minutes–Medium Well

15–16 minutes–Well

Multiply cooking time by weight of the roast. Divide this time in half. This will give you the amount of cooking time each side of meat will require. Do not salt, as salting will draw moisture away from meat. Season with lemon pepper. The lemon will act as a natural meat tenderizer. Place roast on roasting rack. If you do not have a roasting rack, invert a glass saucer on a glass dinner plate or in a shallow baking dish. Place roast fat side *down*. Do not cover, as cover causes steaming. Cook on HIGH for the first 5 minutes. Reduce setting to 50% or simmer or "6" on power level and cook for remaining time allotted for this half of roast. When cycle is complete, turn roast over on rack. Return to oven cooking on reduced setting for remainder of cooking time. After cooking, remove roast from oven and tent with tin foil. Let stand for approximately 10–15 minutes. Standing time allows the food to finish cooking, it also allows meat to breathe, sealing in juices for easier carving. While meat is standing, utilize this time for preparation of vegetables.

Sherri Arden • Richmond, VA

Sauerbraten and Potato Dumplings

4 lb beef roast
 salt and pepper to taste
 dash of nutmeg
 1 large onion, sliced
 1 bay leaf
 2 T chopped parsley
 1 clove garlic, cut in slivers
 2 T mixed pickling spice
 1 pt wine vinegar
 2 slices lemon
 4 C water
 1/3 C sugar
 2 T butter
 1/4 C sour cream or evaporated milk
 2 T flour

Two to three days before serving: Make several small slashes on both sides of roast and insert slivers of garlic. Rub well with salt, pepper and nutmeg. Place in glass or earthenware bowl and cover top of meat with onion, bay leaf and parsley. Heat vinegar, water, sugar, lemon slices and pickling spice to boiling. Pour over meat. Cover and let stand in refrigerator for 2–3 days. To cook: Drain meat, brown in butter and add one cup of the marinade and the onion. Cover and simmer slowly for 3–4 hours, adding more marinade as needed. To make gravy, blend flour and sour cream. Add to liquid from roast, stirring constantly until thickened. Serve with potato dumplings.

Potato dumplings

9 medium potatoes
 3 eggs, beaten
 1 C flour
 2/3 C breadcrumbs
 1 t salt
 1 t grated onion
 1 T finely minced parsley
 1/2 t nutmeg

Boil potatoes in their jackets; cool; slip skins off potatoes and press through a ricer onto a towel or grate potatoes on the large side of the grater. Let stand a few minutes. Place potatoes and remaining ingredients into a bowl; mix thoroughly and form into balls the size of tennis balls. Drop into rapidly boiling water (salted) and cook for 3–4 minutes *after* they pop to the surface. A fork inserted into dumplings should come out clean when they are done.

Barbara Bruckart • Richmond, VA



Easy Oven Pot Roast

no one will believe this is so easy and tastes so good

3 lbs pot roast (chuck, arm, eye of round)

1 can cream of mushroom soup

1 C burgundy or other red dinner wine

1 large onion, finely chopped

1 small clove garlic, crushed

2 T finely chopped parsley

salt and pepper

4 medium potatoes, cut into strips

4 medium carrots, cut in strips

Place meat in a Dutch oven or small roaster. Blend soup and wine; pour over meat. Add onion, garlic, parsley, salt and pepper. Cover and bake 325° for 5 hours. During last hour, add potatoes and carrots. Serve with garlic bread and a tossed salad.

Serves 4.

For an attractive way to serve, take meat from cooking liquid, slice and place on a micro-wave safe platter. Surround with vegetables. Thicken liquid with 1 T cornstarch mixed with ½ C water; simmer over medium heat until gravy consistency. Pour over meat and vegetables, cover with Saran and when ready to serve, pop into the micro-wave and cook 5 minutes on MED-HIGH (70%). Pass additional gravy.

Kathy Hannah • Richmond, VA

Fruited Pot Roast

1 4-5 lb boneless beef roast

2 onions, sliced

2 C dried apricot halves

½ C Brownulated brown sugar

2-3 t salt

1 C apple cider or juice

Place all ingredients in cook-in oven bag; tie securely, puncture 6 holes in top of bag. Place in roasting pan. Bake in slow oven (325°) about 3 hours.

If desired, thicken gravy

Serves 6.

Carol Helton • Richmond, VA

German Pot Roast

- 3-4 lbs beef rump roast
- 1 T flour
- 1½ t salt
- 3 T lard or bacon drippings
- ¼ C water
- ¼ C vinegar
- ½ t mixed pickling spices
- 1 garlic clove, crushed
- 1 T chopped parsley
- 1 4 oz carton mushrooms, optional
- 1 medium onion, sliced

Combine flour and salt. Dredge meat in seasoned flour. Brown meat in fat, add onion. Pour off drippings, add water, vinegar, spices, garlic, parsley, mushrooms. Cook in Dutch oven, tightly covered for 3-4 hours at 325° or until meat is tender. (May also be cooked in a crock pot). Remove meat to platter. Thicken cooking liquid with flour or cornstarch for gravy, if desired.

Serves 6-8.

Diane Ilderton • Chattanooga, TN

Chicago Style Italian Beef

- Top round beef roast, 5 to 7 lb
- 2-3 C water
- 2-3 bouillon cubes
- 1 t each: marjoram, oregano, thyme
- several drops hot sauce
- 2 T Worcestershire sauce
- ½ green pepper chunks
- garlic to taste (fresh)

Roast meat on a rack at 325° until medium on meat thermometer. To pan drippings, add water, bouillon, seasonings, green peppers and garlic. Simmer for 15 minutes. Refrigerate meat and gravy separately. Have meat sliced paper thin at the grocery store (trim fat from roast first). Add to gravy and let marinate at least one day. Serve on french bread.

When warming meat and gravy for sandwiches, do not allow to boil as this will toughen meat.

Mike Chalifoux • Richmond, VA

Curried or Dilled Beef Roll

an elegant way to use leftover pot roast

- 2 C leftover beef pot roast
- 1 C mixed cooked vegetables
- 1 C hot rich cream sauce or cream of mushroom soup
- salt and pepper to taste
- 1 t poultry seasoning
- 2 C sifted flour
- 2 t baking powder
- 1 t curry powder or dried dill weed
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ C butter
- $\frac{1}{2}$ C white wine
- 1 C mushrooms, coarsely chopped
- $1\frac{1}{2}$ C rich tomato sauce

Put meat and vegetables through food chopper. Stir in cream sauce or soup and season to taste with salt and pepper and poultry seasoning; set aside. Sift flour again with baking powder, salt and curry or dill. Rub butter into the mixture and add about $\frac{1}{2}$ C wine, or enough to make a soft biscuit dough. Turn out the dough on a lightly floured board and roll it to a rectangle a scant $\frac{1}{4}$ " thick. Spread $\frac{3}{4}$ of the dough to within 1" of the edge with the meat mixture and with the mushrooms. Moisten the edges of the dough with cold water and roll it up toward the uncovered third, and seal it. Put the roll, seam side down, on a well buttered baking pan and bake it at 400° for 30-35 minutes, or until the crust is delicately browned. After the first 15 minutes, brush the crust with melted butter; about 5 minutes before the roll is done, brush it with beaten egg yolk. Serve with heated tomato sauce to pass.

W. Claude Dukenfield • Los Angeles, CA



Steak in Foil

- $1\frac{1}{2}$ lb chuck steak
- 1 can cream of mushroom soup
- 1 envelope onion soup mix
- 2 T water
- 3 medium carrots, quartered
- 3 medium potatoes, quartered
- 2 stalks celery, diced

Place aluminum foil in roasting pan. Put meat in foil and top with soups and vegetables. Sprinkle water over vegetables. Season with salt and pepper. Secure foil and bake at 450° for $1\frac{1}{2}$ hrs.

Carol Hutton • Richmond, VA

Dutch-style Beef and Cabbage

For Crock Pot

- 1 to 1½ lbs beef round steak cut ¾ inch thick
- 2 T flour
- 1 t salt
- ¼ t pepper
- 2 T cooking oil
- 3 large onions sliced (3 cups)
- ¾ C hot water
- 1 T vinegar
- 2 t bouillon cubes granules
- 1 small head cabbage

Trim excess fat from meat and cut into cubes. Combine flour, salt, and pepper and coat meat with flour mixture. Brown meat on all sides in oil. Drain off fat and transfer to a crockery cooker. Add onions to meat in cooker. In same skillet, combine water, vinegar and bouillon granules and stir, scraping brown bits from the skillet. Pour into cooker. Cover and cook on low heat setting for 8 hours. About 15 minutes before serving, cut cabbage into 4 or 5 wedges. Cook in a large amount of boiling salted water until tender, about 10 to 12 minutes. Drain well. Serve beef mixture over hot cooked cabbage wedges.

Makes 4 servings.

Eli Burke • Richmond, VA

Steak San Marco

- 2 lbs chuck steak, 1 in thick, cut into bite-sized pieces
- 1 envelope onion soup mix
- 1 16 oz can stewed tomatoes
- 1 t oregano
- garlic powder to taste
- 2 T oil
- 2 T wine vinegar
- Rice, noodles or mashed potatoes

Put meat in a large skillet and brown on both sides. Add soup mix and tomatoes. Add oregano, garlic, oil and wine vinegar. Stir well. Simmer 1½ hours over medium heat, covered. Serve over rice, noodles or mashed potatoes.

Mary Ann Bryant • Louisville, KY

Beef With Chick-Peas

1 lb round steak, cut into $\frac{1}{2}$ " cubes
 2 T vegetable oil
 $\frac{1}{2}$ C beef bouillon
 6 T tomato paste (or ketchup)
 1 lemon
 1 16 oz can chick-peas, drained (optional)
 1 t dried marjoram
 $\frac{1}{4}$ C finely chopped parsley
 $\frac{1}{2}$ t MSG
 salt and freshly ground black pepper

Preheat oven to 350°. Quickly brown meat in oil and transfer the meat to a casserole dish. Add the bouillon and tomato paste. Trim off and discard the ends of the lemon. Slice the lemon wafer thin and discard the seeds. Add the lemon and the remaining ingredients to the beef with seasoning to taste. Cover and bake for one hour, or until meat is fork tender.

Serves 4.

Kathy Hannah • Richmond, VA

Hungarian Goulash

2 lb boneless beef chuck cut in cubes
 3 T cooking oil
 1 14 oz can beef broth
 1 C chopped onion
 1 small green pepper cut in strips
 2 T tomato paste
 2 T paprika
 2 t caraway seed
 $\frac{1}{3}$ C cold water
 3 T flour
 Stroganoff noodles
 sour cream

In large saucepan, brown beef cubes in hot oil. Add beef broth, onion, green pepper, tomato paste, paprika, caraway seed, $\frac{1}{2}$ t salt, and $\frac{1}{4}$ t pepper. Blend cold water slowly into flour. Stir into beef mixture. Simmer, covered, till meat is tender (about 1 $\frac{1}{2}$ hours) Stir occasionally. Serve over noodles. Garnish with sour cream.

Serves 6.

Evelyn Dawson • Washington, DC



Beef Oriental

- 1 lb sirloin steak sliced ¼ inch strips
- 2 T salad oil
- ⅓ C soy sauce
- Dash of sucaryl
- 1 t MSG
- 2 C sliced celery, cut diagonally
- 2 C green onions
- 1 green pepper
- 5 oz water chestnuts
- 6 oz can sliced mushrooms, drained

Heat electric skillet or wok. Add salad oil and beef and cook briskly. Pour soy sauce and ⅓ C water over beef. Stir in sucaryl and MSG. Bring to a boil and add celery, onions and green peppers. Cook and stir for 3 minutes or until vegetables are tender and crisp. Add water chestnuts and mushrooms and cook for 2 minutes longer. Thicken with 1 T cornstarch blended with ⅓ cup water. Serve with white rice.

Serves 6.

Anita Gaumer • Los Angeles, CA

Marinated Cube Steaks

- 6 cube steaks, 6-8 oz each
- ½ C vegetable oil
- 2 cloves garlic, finely minced
- 2 scallions, finely chopped
- 1 8 oz can tomato sauce
- 1 t Worcestershire sauce
- ½ t dried rosemary
- ½ t dried thyme
- 1 t prepared horseradish
- ½ t salt

Place the steaks in a shallow baking dish. Combine the remaining ingredients and pour over steaks. Marinate for at least three hours, turning once. Cook on a grill over charcoal or under the broiler for 5-10 minutes, until cooked to desired degree of doneness.

Serves 6.

Kathy Hannah • Richmond, VA

Morcon (Stuffed Rolled Steak)

- 2 lbs flank steak
- 3 T soy sauce
- Juice of half a lemon
- 1 clove garlic, minced
- 1 medium carrot scraped and cut into 6 strips
- 1 chorizo or substitute 2 oz hot garlic sausage or pepperoni sausage, cut into 6 strips
- 2 slices bacon each cut in half lengthwise
- 2 big sweet gherkins, quartered
- 2 hard cooked eggs, quartered
- 2 T cooking oil
- ¼ C flour
- 4 C water
- 1 medium onion sliced
- 1 C canned tomatoes
- 1 bay leaf
- ½ t peppercorns
- 1½ t salt

Slice meat beginning on one long side across to within ½" of the other side. Pound with side of a cleaver to flatten.

Combine garlic, lemon juice and soy sauce. Pour over meat. Let stand for one hour.

Lay meat flat on a platter. Arrange the strips of carrots, chorizo, bacon, gherkins and eggs in alternate rows along the long side of the meat. Roll meat carefully from one end to the other and tie securely with kitchen cord.

In a large heavy casserole, heat oil over moderate heat. Dredge meat roll in flour and brown on all sides in hot oil.

Add water and marinade, tomatoes, onions, peppercorn, bay leaf and salt. Cover and simmer for 1-½ to 2 hours or until tender. Turn the meat once or twice while cooking.

Transfer meat to warm serving dish. Remove strips. Meanwhile, strain gravy. Thicken it with flour if too thin by adding a solution of 2 T flour dissolved in ¼ C water and cooking over moderate heat for 5 minutes stirring until smooth.

Slice meat roll crosswise and serve with gravy. This is a party dish best made ahead and kept in the refrigerator, wrapped in heavy duty foil ready for reheating. To reheat: place wrapped meat in a preheated 350° F. oven and bake for 30 minutes. Heat gravy in sauce pan to simmering point.

Jessica Viado • Los Angeles, CA

Sounds Great . . . Can you keep it hot, honey, Stroganoff!

cooks in 20 minutes . . . stays hot for hours

- 1 t pepper
- 1 large onion, sliced
- 3 T butter
- 1 lb sliced round steak
- 1 small can mushrooms (or use fresh that have been sautéed)
- 1 can brown gravy
- 1 lb wide noodles
- 1½ pints sour cream

Sauté onion in butter and pepper. Put aside. In large frying pan, brown meat. Add sautéed onions, mushrooms and gravy to beef. Cover and simmer for 20 minutes. Cook noodles and when ready to serve; mix beef mixture with noodles and add sour cream.

Janet Barr • Jericho, NY

Shashlick

- 2 lbs sirloin steak, 1½" thick
- 1 c vegetable oil
- 1 large onion, grated
- 1 T crumbled oregano
- ½ t salt
- 4 medium onions, parboiled and quartered
- 2 large green peppers, cut in 2" squares
- 2 large tomatoes, quartered

Cut steak into 1½" cubes, place into non-metal container. Mix together oil, grated onion, oregano, and salt. Pour over meat; marinate 8-10 hours, turning occasionally. Remove from marinade, thread on oiled skewers, alternately with the vegetables. Cook over hot coals 8-10 minutes. Serve with rice.

Serves 4.

Kathy Hannah • Richmond, VA



Pepper Steak

- 2 T vegetable oil
- 1 lb round or sirloin steak cut into thin strips
- 1 large can tomatoes, drained, reserve liquid
- 2 large green peppers, cut into strips
- 1 16 oz can bean sprouts, rinsed and drained
- soy sauce to taste

Brown steak strips in oil. Place tomato liquid in a large saucepan. Heat to boiling; drop in green pepper, turn heat to low. Cover pan and simmer, peppers until tender-crisp, about 4-5 minutes. Add tomatoes, steak, bean sprouts and soy sauce. Simmer, uncovered 10 minutes. If desired, thicken with 1 T cornstarch mixed with 3 T cold water. Serve over rice.

Serves 4.

Ann Nonymous • Richmond, VA

Cheese Stuffed Meatloaf

- 1½ lbs ground chuck
- 3 slices fresh bread, cubed
- 1 C milk
- 2 t salt
- ½ t pepper
- ½ C chopped onion
- ¼ C chopped green pepper
- ¼ C chopped celery
- 2 T lemon juice
- 1 egg, slightly beaten
- 1 C shredded cheddar cheese
- 3 slices fresh bread, finely crumbled

Mix together ground beef, bread cubes, milk, salt and pepper; set aside. Make the cheese stuffing: In a 1½ qt casserole, place onion, pepper, celery and lemon juice. Place in oven for 10 minutes at 350°. Remove from oven and add egg to hot vegetables, stirring to blend well. Stir in cheese and fine bread crumbs. Pat half the meat mixture into the bottom of a 9" pie plate. Mound stuffing over meat leaving about a 1" border around the edge. Spread remaining meat mixture over stuffing (Meat mixture is soft and spreads easily) Seal around edges. Brush assembled meatloaf with 1 T Worcestershire sauce. Bake for 45 minutes at 350°. Let stand 10 minutes to firm before serving.

Makes 4-6 servings.

Lucy Arreola • Los Angeles, CA

Fajitas

- 1 lb round steak
- 1 12 oz can beer
- 1 8 oz bottle Italian dressing
- 1 pkg large flour tortillas
- sour cream
- hot sauce
- grated cheddar or Monterey Jack cheese

Tenderize steak by pounding and place in a non-metal container. Mix beer and salad dressing; pour over steak and marinate overnight. Grill meat over hot coals for about 20 minutes. Heat tortillas as directed on package. Slice meat as thinly as possible. To serve, have each diner place sliced meat, sour cream, hot sauce and grated cheese on a warm tortilla, roll and eat with fingers.

Serves 4.

Irene Sulkowski • Richmond, VA



Microwaved Reuben Casserole

- 1 16-oz can sauerkraut, drained
- 1 16-oz can tomatoes, drained, sliced
- 2 T Thousand Island dressing
- 8 oz shredded corn beef
- 8 oz shredded Swiss cheese
- ½ C rye crackers, crushed
- ¼ t caraway seeds
- 2 T butter, melted

Spread sauerkraut in bottom of 2 qt. oblong baking dish. Add the next 4 ingredients in layers. Mix together crackers, caraway seeds, butter. Sprinkle over top of casserole. Microwave on HIGH 4 minutes. Reduce to 40% and cook another 7-8 minutes or until hot throughout.

Serves 4-6.

Diane Deaton • Virginia Beach, VA



Corned Beef and Noodles

- 1 8 oz package of noodles (medium wide)
- 1 C cheese broken up
- 1 C milk
- 1 12 oz can corned beef, crumbled
- 1 can cream of chicken soup
- ½ C onion, diced
- ¾ C buttered bread crumbs for top

Cook noodles until tender; drain and put in baking dish. Add corned beef, cheese and onion. Mix soup and milk together and pour over top. Brown bread crumbs with butter and sprinkle over the top. Bake at 400° for 20 minutes.

Serves 8.

*It is helpful to spray the baking dish with Pam before assembling as it aids clean-up.

Frances Martin • Ashland, VA

Perfect Glazed Corned Beef

- 3-4 lbs corned beef
- ½ C wine vinegar
- ½ C juice from canned peaches
- ¼ C brown sugar
- 1 T Worcestershire sauce
- ½ t pepper
- ¼ t cloves
- 1 t dry mustard
- 1 t ginger (optional)

Soak corned beef in water to cover for one half hour. Remove and place on large sheet of foil in roasting pan. Pat dry. Combine all ingredients and pour over beef. Cover with foil and bake for 4 hours at 300°. Baste **occasionally**. Uncover meat to brown for last 15 minutes.

Serves 8.

Arlene Lapp • Winston Salem, NC

Potato Frosted Meat Loaf

- 2 lb lean ground beef
- ½ C canned beef broth
- ⅓ C catsup
- 2 eggs
- 1 C packaged Italian bread crumbs
- ½ C minced celery
- 1 T instant minced onion
- 3 T parsley
- 1½ t salt
- ½ t pepper
- 2 cups mashed potatoes (follow instant potato directions)
- ⅓ C parmesan cheese
- 2 T butter, melted

Combine first 10 ingredients in a large bowl; mix well. Press mixture into a lightly greased 9 x 5 x 3 loaf pan. Bake in a 350° oven for 1 hour. Log will shrink from side of pan. Remove from oven and pour off drippings. Unmold loaf and put on a cookie sheet. Combine mashed potatoes with cheese in a medium bowl. Frost meat log with mixture and brush potatoes with melted butter. Bake at 400 degrees for 20 minutes or until potatoes are golden.

Dorothy Bernstein • New York, NY

Hurry-Up Meatloaf

- ¾ lb ground beef
- 1 8 oz can tomato sauce, divided
- ½ C soft breadcrumbs
- 1 egg, slightly beaten
- 1 T dried, minced onion flakes
- ½ t salt
- 1 T brown sugar
- 2 t dried parsley flakes
- ½ t Worcestershire sauce

Combine ground beef, ½ C tomato sauce, breadcrumbs, egg, onion flakes, salt and parsley. Mix well. Shape mixture into 4 individual loaves; place in a lightly greased baking pan. Bake at 450° for 30 minutes.

Combine remaining ingredients and pour over loaves; bake an additional 5 minutes.

Serves 2.

Lynn Walker • Charleston, SC

Meat Loaf

2 lbs ground chuck
2 eggs
1 medium onion, minced
2 T sweet relish
2 T chili sauce
2 t salt
¼ t pepper
1 t pepper
1 t chopped parsley
½ C quick cooking oats
½ t MSG
3 hard cooked eggs, shelled
1 3 oz can mushroom pieces and stems
4 slices bacon

Gravy

Juices from meat loaf
3 T flour
1-½ cup bouillon
½ t salt
1 t Worcestershire sauce
⅛ t white pepper
½ t sugar
1 t soy sauce

Preheat oven to 350° F.

Combine all meat loaf ingredients thoroughly except mushrooms, hard cooked eggs and bacon.

Pack ½ of mixture into a 9" x 5" x 3" loaf pan. Spread mushrooms on top of this layer. Line up 3 hard cooked eggs in the middle. Pack the rest of the meat on top. Lay bacon pieces on top of meat loaf.

Bake for 1 hour and 15 minutes. Remove from oven. Let stand for 5 minutes. Turn loaf on heated dish. Spoon off juices.

Return juices to baking pan, add flour, stir to a smooth paste. Stir in bouillon, salt, Worcestershire sauce, white pepper and sugar.

Cook over medium heat stirring with a wire whisk until gravy turns thick and smooth. Add 1 t kitchen bouquet or soy sauce to color gravy.

Serve hot with meat loaf.

Serves 5-6.

Jessica Viado • Los Angeles, CA

Surprise Meatloaf

- 1 1/4 lb lean ground beef
- 1/2 C chopped onion
- 1/4 C dry bread crumbs
- 1/4 C catsup
- 1 egg
- 1 t salt
- 1/4 t basil
- 1/8 t pepper

Filling Mixture

- 3/4 C water
- 2 T butter or margarine
- 1 egg
- 1/2 t salt
- 1/3 C milk
- 1/4 C shredded cheddar cheese
- 1 1/2 C Hungry Jack Mashed Potato Flakes

Heat oven to 350°. Grease 9 x 5 inch pan. Combine first 8 ingredients. Press 1/2 mixture into pan. Make potato filling by heating water and adding salt in margarine. Remove from heat and add milk and potato flakes. Stir in egg and cheddar cheese. Spread mixture over meat and top with remaining meat mixture. Bake 50 to 60 minutes. Let cool for 5 minutes before inverting on a serving plate. Spread top with catsup.

Jean Forlano • Richmond, VA



Beef Casserole

- 2 C uncooked macaroni noodles
- 1 lb ground beef
- 1 2 oz can tomato paste
- 1 small onion, diced
- salt and pepper to taste

Cook macaroni according to package. Brown beef in a skillet on medium heat. Add onion, tomato paste and cooked macaroni; salt and pepper to taste. Slowly add 2 1/2 C water. Let simmer for 20 minutes.

*This is a basic casserole. Experiment with your favorite spices.

Bernice Hardy • Richmond, VA



Deb's Variety Goulash

Meats

Basic recipe

- 1 lb ground beef
- 4 slices bacon
- 1 medium green pepper, finely chopped
- 1 medium onion, finely chopped
- 3 16 oz cans of tomatoes
- 2 large potatoes, grated
- salt and pepper to taste

Fry bacon; crumble into pieces. In bacon fat, brown beef; drain. Add tomatoes, onions and peppers. Simmer until onions and peppers are tender; ½ hour. Add bacon and grated potatoes. Simmer for one hour.

For variety, try different vegetables (green beans, lima beans, corn, peas) and use your favorite spice flavors (seasoned salt, thyme, oregano, basil). You can make it different every time! To stretch this dish, you can add more grated potato or some spaghetti.

Debra Coughenour • Richmond, VA

Dave's Poor Man's Stroganoff

- 1 lb ground beef
- ¼ C butter or margarine
- ½ C minced onion
- 1 clove garlic, minced
- 2 T flour
- 1½ t salt
- ¼ t pepper
- ¼ t paprika
- 1 4 oz can mushrooms
- 1 can cream of chicken soup, undiluted
- 1 C dairy sour cream
- snipped parsley and chives

Sauté onions in butter until golden. Stir in beef and next 6 ingredients. Sauté for 5 minutes. Add soup and simmer, uncovered, 5 minutes more. Add sour cream, stirring constantly. Serve immediately over noodles, rice or toast.

Serves 4.

Sherry Dungremond • Washington, DC

Cherizo & Peppers

- 1 lb ground pork
- 1 lb ground beef
- ½ clove of garlic chopped
- ½ C vinegar
- 4 T Chili powder
- 2 T salt
- 2 T pepper
- 1 t Red cayenne pepper
- 2 lg onions chopped
- 4 bell peppers chopped

Combine ingredients and stuff into pork casings or artificial sausage casings. (Patties are acceptable) If links, first boil in half a pan of water till water is gone. Then add 2 onions and 4 peppers and one cup of water. Simmer till vegetables are tender.

Good with eggs or served on a soft bun.

Brian Kelly • Norfolk, VA

Italian Style Ground Beef

- 1 lb lean ground beef
- ¼ C cold water
- ¾ t seasoned salt
- ½ t black pepper
- 1 T minced parsley
- flour for coating
- 1 egg, slightly beaten
- ¼ C fine dry bread crumbs
- 1 T oil
- 4 slices mozzarella or Monterey Jack cheese
- 1 C prepared spaghetti sauce
- 2 T grated Parmesan cheese

With hands, mix lightly together beef, water, salt, pepper and parsley. Shape into 4 patties, about ¾ in thick. Coat both sides of patties with flour. Dip into beaten egg then into crumbs, coating well. Heat oil in skillet, brown patties quickly in hot oil until golden on both sides. Arrange in shallow 1½ qt baking dish. Put a slice of cheese on each patty, pour spaghetti sauce over cheese. Sprinkle each patty with Parmesan cheese. Bake at 400° for about 25 minutes.

Serves 4.

Debbie Rottweiler • Louisville, KY

Middlebury College's Cheeseburger Potatoes

- ½ lb lean ground beef
- ¼ C chopped onion
- 3 T breadcrumbs
- 1 egg
- 2 T flour
- ¼ t garlic powder
- 2 C milk
- 1 4 oz can sliced mushrooms
- 8 slices American cheese
- 4 large, hot baked potatoes

In bowl, mix meat, onion, breadcrumbs and egg. Shape into 20 meatballs. Brown meatballs in a skillet; remove. To the drippings in the pan, add flour and garlic powder. Gradually add milk. Cook until mixture thickens. Add meatballs and mushrooms. Simmer for 10 minutes. Add cheese, stirring gently until melted. Halve baked potatoes. Serve meatball mixture over hot potatoes.

Janet Barr • Jericho, NY



Indiana Goulash

- 2 C uncooked macaroni
- 1 lb ground beef
- 1 medium onion
- 1 can each: peas, corn, tomatoes (16 oz cans, do not drain)
- 1 15 oz can tomato sauce
- salt and pepper

Sauté beef with onion until beef is brown and onion is soft. Boil macaroni until almost tender. Drain and rinse. Toss together lightly all ingredients in large stew pot or sauce pan. Season to taste and simmer for 20 minutes or longer if necessary. This reheats well if there are leftovers.

Serves 8.

This can be stretched to serve 12 with addition of a third cup of macaroni.

Frances Martin • Ashland, VA

Murphy's Beef Pie

great for a buffet

pastry for a double crust pie
 1 lb ground beef
 2 C finely shredded Chinese cabbage
 1 C thinly sliced carrots
 ½ t salt
 1 C hot water
 1 envelope beef flavored mushroom soup mix
 milk

Roll pastry into a 16" or two 8" circles-transfer to cookie sheet. In a large skillet, crumble ground beef, add cabbage and carrots and salt. Cook until meat is browned, then cook covered for 10 minutes. Stir in hot water and soup mix. Simmer uncovered for 5 minutes. Spoon mixture onto ½ the pastry circle(s); fold over, sealing edges tightly. Brush top of beef pie with milk for a golden crust. Bake 30 minutes at 400°.

Serves 6.

Kathy Hannah • Richmond, VA

Easy Supper

1½ lb ground beef
 1 C mushrooms
 2-4 sliced potatoes
 1 C sliced carrots
 1 large onion, sliced and separated into rings
 2 cans cream of mushroom soup
 salt and pepper to taste

Brown meat, drain, then place in the bottom of a large, lightly greased casserole dish. Next, make a layer of the mushrooms over the meat. Follow with a layer of potatoes, a layer of onions and one of carrots. Mix soup with 1 soup can of water. Pour over vegetables. Cover and bake at 350° for 1½-2 hours or until potatoes and carrots are soft.

Diana B. Lee • Charleston, SC



Hamburger Hungarian Goulash

- 1 lb hamburger
- 1 medium onion chopped
- 1 small green pepper chopped
- 1½ C cooked macaroni
- 15 oz can tomato sauce
- 1 can tomatoes drained

Brown hamburger, onion and green pepper. Drain fat and add canned tomatoes, sauce and macaroni. Mix well and simmer for approximately 15 minutes.

Dianne Caldwell • Richmond, VA

Kevin's Mexican Delight

(an original)

- 1 lb ground beef
- 2 onions, chopped
- 1 pkg taco seasoning mix
- 2 8 oz cans refried beans
- 1 pkg large flour tortillas
- 1 8 oz jar taco sauce
- 2 C shredded Cheddar cheese
- 1 C shredded lettuce
- 2 large tomatoes, chopped
- 1 small container dairy sour cream

Preheat oven to 450°. Brown ground beef, drain and add onions, taco seasoning and refried beans. Simmer for 15 minutes. Remove from heat. In each tortilla, place about ½ C filling and roll up. Place seam-side down in deep baking dish. Pour taco sauce over all. Sprinkle with cheese. Bake until cheese has melted, about 10 minutes. Remove from oven, sprinkle with lettuce and tomatoes. Dollop with sour cream. Ready to eat!

Serves 8.

Leanne A. Sullivan • Nashville, TN

Domagala's Enchilada Pie

- 1 lb hamburger
- 1 green pepper chopped
- 1 onion chopped
- 1 clove garlic
- salt and pepper to taste
- 1 can Rotel (green chilies and tomatoes)
- 1 t Worcestershire sauce
- 2 cans enchilada sauce
- 1 pkg large fritos
- 1½ C grated cheddar or jack cheese

In large skillet brown meat and drain. Brown onion, pepper and garlic and add to hamburger. Add seasonings and simmer 5 minutes. In greased casserole, put layer of mixture, layer of cheese, and a layer of slightly crushed fritos. Repeat layers and top with cheese. Bake 20 minutes at 350°. Serve with a tossed salad and refried beans.

Jan Domagala • Raleigh, NC

Meat Pie

- 1 lb ground beef
- ½ lb pork sausage
- 1 large onion, cut up
- 1 or 2 t salt
- ½ or 1 t pepper
- 3 t poultry seasoning
- 2 9" unbaked pie crusts (use your favorite pie crust recipe)

Combine the six ingredients; cover with water, let simmer for a couple of hours. When done, strain through colander. Line 9" pie pan with unbaked pie crust; spoon in mixture; cover with 9" unbaked pie crust and bake for 15 minutes in 450 oven; then about 30 minutes at 350°.

Serves 5.

Joan Rexinger • Richmond, VA

Layered Hamburger Dish

- 1 to ½ lbs hamburger
- 1 small onion, grated
- 1 can cream of mushroom soup
- ¾ soup can of water
- 6-8 large potatoes
- salt to taste
- ½ t pepper
- 4 slices American cheese

Brown meat. Drain excess grease and add soup, water, grated onion, salt and pepper and simmer until you have a gravy-like consistency. Boil potatoes and mash. Place mashed potatoes in the bottom of a large bowl and put slices of cheese over potatoes. Pour meat sauce on top and serve.

Charla Hamaker • Richmond, VA

Stuffed Bell Peppers

- 4-6 bell peppers
- ¾ C uncooked rice
- 1 lb ground beef
- 1 8 oz can tomato sauce
- 1 T salt
- 1 t pepper
- ½ onion chopped

Cut tops from peppers, remove membranes and seeds. Place in boiling water and cook until tender, about 10 minutes. Remove from water and drain well. Meanwhile cook rice in 1¼ cups of water for 15 minutes; drain, and place in a large bowl. Brown beef, drain fat and combine with rice. Add tomato sauce, salt and pepper and the onion, mix well. Stuff each pepper, place upright in a baking dish and cover with foil. Bake at 350° for 1 hour.

Vanessa Thirkill • Inglewood, CA



Five Minute Casserole

- 1 lb ground beef
- 1 can corn
- 1 C Minute rice
- 1 8 oz can tomato sauce

In a casserole dish layer rice, then corn, the ground beef (crumbled) add salt and pepper to taste. Pour tomato sauce over meat. Cover dish and bake at 350° for 1 hour.

Linda Haug • Los Angeles, CA

Pigs In A Blanket

Golampi

- 1 large head cabbage
- 1 lb ground chuck
- 1 egg
- 1 C cooked rice
- 1 lb ground lean pork
- salt, pepper to taste

Sauce

- ½ C ketchup
- 1 can tomato soup
- 1 soup can of water

Steam cabbage until leaves are tender; remove top leaves and steam again until other leaves are soft. Combine ground meats, rice, egg, salt and pepper. Place large T of meat mixture into center of a cabbage leaf, roll cabbage around meat, tucking in ends. Repeat until all meat and cabbage are used. Place rolls snugly into a large pot. Chop any remaining cabbage and place on top of rolls. Combine sauce ingredients, pour over rolls. Cover and simmer for 1½ hours.

Ruth Ann Balla • Raleigh, NC

Pigs In A Blanket Variation

Use all beef for the filling.

Add a grated carrot to the meat mixture. For the sauce, use ¼ C lemon juice, ½ C brown sugar, mixed with 1-8 oz can tomato sauce; pour over rolls before baking.

Mary Yolles • Washington, DC



Salisbury Steaks

Cooking Time: 12 to 14 minutes

Standing Time: 3 to 5 minutes

Cooking Utensil: 2 qt covered casserole

1 lb lean ground beef
½ C soft bread crumbs
¼ cup chopped onion
½ t salt
⅛ t garlic powder
1 t Worcestershire sauce
1 egg

Sauce

1 10 oz can beef bouillion
2 T flour
¼ C catsup
¼ t basil
1 T Worcestershire sauce
1 2 oz can sliced mushrooms, drained

Combine all meat ingredients in bowl. Divide into 4 portions and form into 4 oval patties. Place in casserole. Cover with lid. Microcook on **Medium High (70%)** 6 minutes.

Drain liquid and turn steaks over.

Prepare sauce: Add bouillion slowly to flour, stirring until smooth. Add catsup, basil, Worcestershire sauce and mushrooms. Pour over steaks. Cover. Microcook on **Medium High (70%)** 6 to 8 minutes. Stir.

Let stand covered. Serve with rice or mashed potatoes.

Serves 4.

Note: This recipe freezes well.

From "The Microwave Touch" by **Galen Hill**

Stuffed Cabbage

Toltott Kaposzta

1½ lb lean pork, ground

½ C rice

2 medium onions, chopped

4 T bacon fat

1 t pepper

1 t paprika

2½ t salt

1 pt water

1 16 oz can tomatoes

1 16 oz can sauerkraut

1 large head cabbage

1 lb neck bones or pig hocks (optional)

1 egg, well beaten

Fill large pot half full with water. Bring to a boil and add 2 t salt and 1 T vinegar. Core cabbage, place in boiling water to cover. With fork in one hand and knife in other hand, keep cutting off the leaves as they become wilted. Drain. Trim thick center vein from each cabbage leaf. Set cabbage leaves aside to cool. Parboil rice in 1½ qts boiling water for 5 minutes. Drain, thoroughly. Fry onion in bacon fat until light brown. Cool. Mix all other ingredients with rice and onion mixture, blend thoroughly. Place 1 large T of meat mixture into each cabbage leaf. Roll up and tuck both ends in to make a nice neat roll. Rinse sauerkraut in strainer with cold water and let drain. Place neck bones or pig hocks with a layer of sauerkraut in bottom of 6 qt pot. Place cabbage rolls close together in layers. Sprinkle ⅓ of remaining sauerkraut on cabbage rolls. Place ½ can tomatoes on top, continue process until cabbage rolls are used up. Put remaining sauerkraut and tomatoes on top. Sprinkle with salt. Add 1 pint water or enough to cover. Cook for approximately 1¼ hours.

Ilene Decker • Thousand Oaks, CA



Sausage Casserole

- 1 lb bulk hot sausage
- 2 medium onions, chopped
- 1 green pepper, chopped
- 16-oz can tomatoes
- 1 cup uncooked macaroni
- 1 T sugar
- 1 C sour cream
- Parmesan cheese

Brown sausage and drain. Add onions and green pepper and sauté until tender. Drain off fat. Add remaining ingredients except sour cream. Cover and simmer for 20 minutes. Remove from heat and stir in sour cream. Place in a serving dish and sprinkle with cheese.

Serves 4.

Kyle Clements • Richmond, VA



Sausage Skillet Dinner

- 1 lb bulk pork sausage
- 1 C chopped onion
- 1 8 oz pkg noodles, cooked
- 1 16 oz can tomatoes
- 1 C grated Cheddar cheese
- 1 T sugar
- 2 t salt
- 1 t chili powder
- 1 C dairy sour cream

Cook sausage and onion in skillet until meat is browned and onion is transparent. Pour off drippings. Add noodles, tomatoes, sugar, and chili powder. Cover and simmer about 15 minutes. Stir in sour cream and heat to serving temperature. Sprinkle grated cheese on top. Serve at once.

Makes 6 servings.

Lynn Walker • Charleston, SC

Traditional Adobo

(Pork in Vinegar and Soy Sauce)

- 1-½ lb pork shoulder or butt cut into 1-½" cubes
- ⅓ cup vinegar
- 2 T soy sauce
- 1 t salt
- 3 cloves garlic, minced
- 1 small bay leaf
- ¼ t pepper
- 1 T sugar
- ½ C water
- 2 T cooking oil

Combine all ingredients except cooking oil, in a pot, and let stand for at least 30 minutes.

Simmer covered for 1 hour or until meat is tender. Drain and reserve sauce.

Heat cooking oil in skillet. Brown meat on all sides. Transfer to a serving dish.

Pour off all remaining oil from skillet. Add reserved sauce and cook for a minute or two scraping all browned bits sticking to pan. Pour sauce over meat and serve.

Variation

May be done with chicken or a combination of chicken and pork. Beef or chicken livers may be added too if desired.

Serves 4-6.

Jessica Viado • Los Angeles, CA

Hop 'N John

- 1 lb kidney beans or black eyed peas
- 1 sprig of thyme
- 2 cups uncooked rice
- 1 large Bermuda onion, chopped
- 1 lb beef franks (cut franks in half)

Boil beans and thyme in 2 quarts of water until the beans split. Fry onion and franks until onion is golden. Add to beans. Add rice to mixture, season with salt and pepper, to taste. Stir, cover tightly and cook over low heat for 45 minutes. This can be served as a main dish or a hearty side dish.

Serves 8.

Linda Wilson • Atlanta, GA

Lechon (Roasted Pork)

Oven-roasted Pork with Liver Sauce

1 hog's head or fresh ham roast (about 5 lbs.)

1 T salt

Preheat oven to 350° F.

Clean hog's head thoroughly. Dry with paper towel. Rub with salt all over. Roast in oven for about 3-½ hours or 40 minutes per pound. Cover ears with foil to protect it from burning.

Brush skin with fat drippings every 10 minutes during the last hour to make skin crisp.

Increase heat to 450° F. and roast for 20-30 minutes more. Skin should be crispy and golden brown.

Cut into serving pieces. Serve with liver sauce.

Jessica Viado • Los Angeles, CA

Lechon's Liver Sauce

2 T cooking oil

8 large cloves garlic, crushed

2 T finely chopped onions

1 4 oz can liver paste or liver sausage

1-½ C water

¼ cup vinegar

1 t salt

1 t black pepper

¼ C sugar

¼ C fine bread crumbs

Heat oil in saucepan, add garlic and cook until brown. Add onions and cook 1 minute more.

Add liver paste to garlic and onions and combine well. Season with salt and pepper. Gradually add water and stir well.

Add vinegar and sugar and let come to a boil without stirring. Then add fine bread crumbs and cook stirring until thick.

Makes about 2 cups.

Jessico Viado • Los Angeles, CA



Winebraten

- 2 C "carelessly cut" cubes leftover pork or beef roast
- ¼ C wine vinegar
- 2 T mixed pickling spice, tied in a small piece of cheesecloth
- ¼ t Kitchen Bouquet sauce
- ½ t salt
- ⅛ t pepper
- ¼ t MSG
- 1 C leftover roast gravy or canned gravy
- 1 medium onion, chopped
- ½ C California Port
- 1 T cornstarch

Combine all in a saucepan. Simmer, covered, one hour or longer, stirring occasionally. If more thickening is desired, add a little more cornstarch blended with water; cook stirring, until thickened. Serve over boiled noodles.

Kathy Hannah • Richmond, VA

Our Favorite Barbecue

- 5-6 lb fresh picnic shoulder
- 1½ C water

sauce

- 1 C water
- ½ C vinegar
- 1 T celery seed
- 1 clove garlic, cut in half
- 1 medium onion, finely chopped
- salt and pepper

Bake roast with water, covered, at 350° for 30-35 minutes per pound, or more, until the meat is well done and can easily be pulled off the bones. Cool; remove meat from bones, reserving broth. Coarsely grind or finely chop meat. Place in a large frying pan with the reserved broth (which has been skimmed of fat). Add the Sauce ingredients. The meat should be covered with liquid; if not, add more water. Simmer the mixture on low heat for about 3 hours. If the liquid cooks off too soon, add more water. When done, meat should have a small amount of liquid left. Serve on warm buns. Coleslaw may be added, if desired.

Marlene Rivas • Richmond, VA



Scalloped Potatoes and Ham

great for holiday ham leftovers or anytime!

6-8 Medium potatoes, sliced
 2 C sliced or cubed ham
 2-3 medium onions, sliced
 ½ C milk
 ½ C water
 salt and pepper to taste

In a large casserole dish, put ½ the potatoes. Top with a layer of ham then a layer of onions. Top with remaining potatoes. Combine milk, water, salt and pepper; pour over casserole. Bake at 350° for 35-45 minutes, or until potatoes test done.

Pat Lanzarone • Richmond, VA

Scalloped Ham

1½ C bread crumbs
 1½ C cooked spinach drained and chopped
 4 hard cooked eggs chopped
 2 C chopped cooked ham
 ½ t nutmeg
 ½ t pepper
 3 cups white sauce (recipe follows)

Preheat oven to 350°. Butter a 1½ qt casserole and sprinkle ½ C of bread crumbs over the bottom. Spread ¾ C spinach over the crumbs, then ½ the chopped eggs and 1 C chopped ham. Stir the nutmeg and pepper into the white sauce and spoon half the sauce over the ham. Repeat the layers finishing with the remaining cup of bread crumbs. Bake for 45 minutes covered until bubbling and brown.

White Sauce

6 T butter
 6 T flour
 3 C heated milk
 salt and pepper to taste

Melt butter in saucepan. Stir in flour and cook until the paste is well blended being careful not to let it brown. Slowly add hot milk and stir until sauce thickens. Bring to a boil and add salt and pepper. Cook over low heat 3 minutes stirring constantly. Remove from heat.

Carol Beercheck • Los Angeles, CA

Microwaved Ham and Broccoli Roll-Ups

- 1 envelope hollandaise sauce mix
- 1 10-oz pkg frozen broccoli spears
- 1 8-oz pkg boiled ham slices
- 1 8-oz pkg sliced Swiss cheese - cut to size of ham slices

Prepare hollandaise sauce mix as directed on pkg, set aside. Remove outer wrap from broccoli box, place in oven. Microwave on HIGH 3-5 minutes or until defrosted.

Assemble Rolls by layering 2 ham slices, 1 cheese slice and 2 broccoli spears. Roll up. Place seam side down in 12 x 8" dish. Cover with wax paper. Microwave on HIGH 4-6 minutes or until cheese is melted. Rotate dish $\frac{1}{2}$ turn after half the time.

Pour sauce evenly over rolls. Reduce power to 50% (medium) Microwave 2-5 minutes or until sauce is heated.

Diane Deaton • Virginia Beach, VA

Ham and Spinach Roll-Ups

- 1 can cream of celery soup
- 1 C sour cream
- 2 T dijon style mustard
- 1 C quick cook rice
- 1 10 oz package of frozen chopped spinach, water pressed out
- 1 C small curd cottage cheese
- 2 eggs
- $\frac{1}{2}$ C finely chopped onion
- $\frac{1}{4}$ C unsifted flour
- 18 slices boiled ham
- Parsley buttered bread crumbs
- paprika

Preheat oven to 350°. In small bowl, mix soup, sour cream and mustard. In medium bowl combine $\frac{1}{2}$ C soup mixture, rice, spinach, cheese, eggs, onions, and flour. Mix well.

Place about 2 heaping T spinach mixture on each ham slice. Roll up and place close together, seam side down, in 11 x 7 baking dish. Spoon remaining soup mixture over ham rolls and top with crumbs and paprika. Bake uncovered 30 to 35 minutes or until hot and bubbly. Let stand 10 minutes before serving.

Joyce Garlick • Virginia Beach, VA

Spinach-Ham Roll

"A bit of a production, but an absolutely smashing entree"

Roll

¼ C butter or margarine
 ½ C unsifted all purpose flour
 2 C milk
 ½ t salt
 4 eggs, separated at room temperature

Filling

2 T butter or margarine
 ½ C finely chopped onion
 1 10 oz pkg frozen chopped spinach, cooked and well drained
 1-½ C chopped cooked ham
 1 t prepared mustard
 ½ t salt
 ⅛ t pepper
 1 5 oz pkg spiced cheese with garlic and herbs

Preheat oven to 400. Lightly grease a 15-½ x 10-½ inch jelly roll pan. Line bottom with waxed paper and grease again; sprinkle lightly with flour, tap out excess.

For Roll

In a 2-quart saucepan, melt butter or margarine. Stir in flour and cook until smooth, stirring with wire whisk. Gradually stir in milk and salt, and cook, stirring constantly, until mixture is thick. Remove from heat and stir in egg yolks, one at a time. Allow mixture to cool to lukewarm. Beat egg whites with electric mixer until soft peaks form. Fold into egg yolk mixture. Gently spread evenly into prepared pan. Bake 30 minutes until puffed and brown.

For Filling

While roll bakes, prepare filling. In medium skillet, melt butter or margarine; add onion, sauté until tender. Add spinach, cook 30 seconds. Stir in remaining ingredients and cook over low heat until cheese is melted and mixture is well blended. Keep warm.

To Assemble

Immediately invert onto a clean towel. Spread with warm filling and roll up, using towel, from 15-½" side, jelly roll fashion. (May be prepared in advance to this point.) Cool; then wrap well in foil and refrigerate up to 24 hours. Warm in a 200 degree oven for 30 minutes before serving. Cut roll into 15 one inch slices. (About 165 calories per slice)

For Brunch for 25, makes two rolls.

Joan Rexinger • Richmond, VA



Jumbelia

- 1 pkg Uncle Ben's spanish rice mix
- 1 lb shrimp
- 2 C chopped ham
- 5 to 6 chopped green onions
- 1 medium green pepper, chopped

Prepare rice according to package directions and set aside. Brown onions and peppers and add ham. Stir fry for a minute or two. Add vegetable mixture to rice. Heat to boiling and add shrimp. Heat until shrimp turns pink.

Mary King • Norfolk, VA

Honey Glazed Pork Chops with Yams and Apples in a Skillet

This is a fast easy meal. Great if you work or get a late start on dinner.

- 4 pork chops
- 4 T honey
- 2 t kitchen bouquet
- 4 medium sized yams
- 2 medium sized apples
- ½ C apple juice (any fruit juice)
- 1½ t salt
- ⅛ t pepper
- ⅛ t cinnamon
- ⅛ t nutmeg
- ¼ C brown sugar

Combine honey and kitchen bouquet in large skillet over low heat. Turn chops to coat on all sides. Increase heat to medium; brown chops. Remove chops. Add a little apple juice to skillet, stirring to loosen bits. Add pared yams—cut in ¼ inch rounds. Add pared thickly sliced apples.

Add brown sugar to coat apples and yams. Sprinkle with about ½ nutmeg. Top with chops. Salt and pepper. Use remaining cinnamon and nutmeg. Pour remaining apple juice over chops, bring to boil, cover and cook over low to medium heat until tender about 45 minutes; baste occasionally. If necessary add more apple juice.

This recipe can easily be converted to microwave. Reduce amount of apple juice and cook in microwave on high or 20 minutes.

Laura Liverman • Los Angeles, CA

Sweet and Sour Pork Chops

- 6 medium pork chops, $\frac{1}{2}$ " thick
- $\frac{1}{4}$ C vegetable oil
- 1 green pepper, cut in 1" squares
- 1 C sliced celery
- 1 small onion, cut in eighths
- 2 T cornstarch
- 3 T packed brown sugar
- 1 t salt
- $\frac{1}{2}$ C orange juice
- $\frac{1}{2}$ C vinegar
- 1 $15\frac{1}{2}$ oz can Manwich Sloppy Joe sauce
- 1 $8\frac{1}{4}$ oz can sliced pineapple, undrained and quartered

Trim fat from pork chops. Brown in oil in large skillet; remove and set aside. Add to skillet green pepper, celery and onion. Sauté lightly; drain fat. Mix cornstarch and brown sugar. Add to skillet with remaining ingredients. Cook, stirring constantly, until thickened. Return pork chops to skillet; cover and simmer 30 minutes over low heat, stirring once or twice.

Makes 4–6 servings.

Cheryl O. Woods • Los Angeles, CA

Grilled Teriyaki Pork Chops

- 8 pork chops, $\frac{1}{2}$ "– $\frac{3}{4}$ " thick
- $\frac{1}{2}$ C soy sauce
- $\frac{1}{3}$ C dry sherry
- $\frac{1}{3}$ C firmly packed brown sugar
- $\frac{1}{4}$ C vinegar
- 2 T vegetable oil
- 1 clove garlic, finely chopped
- $\frac{1}{2}$ t ground ginger

Trim excess fat off pork chops. For marinade, combine remaining ingredients. Pour half of marinade into large glass dish. Place chops in marinade; pour remaining marinade over chops. Cover and refrigerate 2–3 hours or overnight, turning occasionally. Remove chops from marinade. Heat marinade in saucepot and grill chops over medium to low direct heat 8–12 minutes or until browned. Turn, brush with reserved marinade and grill 8–12 minutes until juicy and tender.

Serves 4.

Ilene Decker • Thousand Oaks, CA

Pork Chop and Potato Scallop

4 pork chops (about 1 lb)
salt
pepper
1 can cream of mushroom soup
 $\frac{1}{2}$ C sour cream
 $\frac{1}{4}$ C water
 $\frac{1}{2}$ t dried dill weed, crushed
4 cups thinly sliced potatoes
parsley

In skillet brown chops with shortening. Season with salt and pepper and set aside. Blend soup, sour cream, water, and dill. In 2 qt. casserole, alternate layers of potatoes and sauce saving a little sauce for the top of the chops. Cover and bake at 375° for 45 minutes. Top with chops and sauce and bake 30 minutes more until done. Garnish with parsley. Makes 3 servings.

Carol Beercheck • Los Angeles, CA

Pork Chops a l'Orange

good enough for company with rice, broccoli and a salad

4 loin or boneless pork chops, $\frac{3}{4}$ –1" thick
1½ T flour
2 t seasoning salt
1 t curry powder
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ t paprika
 $\frac{1}{4}$ t pepper
1 T vegetable oil
 $\frac{1}{2}$ C orange juice
4 whole cloves
4 thin orange slices
2 T cold water

Trim excess fat from chops. Combine flour, seasoning salt, curry, paprika, salt and pepper. Save 1 teaspoon. Coat chops evenly in remaining flour mixture. Brown chops in oil in frypan; add orange juice and cloves. Simmer, covered, 45 minutes or until tender, turning chops occasionally. Add orange slices last 5 minutes. Remove chops and orange slices to warm serving platter. Blend reserved flour into two tablespoons cold water. Pour slowly into frypan, stirring constantly. Cook and stir until smoothly thickened. Spoon sauce over chops. Recipe easily doubles or triples for company fare.

Kathy Hannah • Richmond, VA

Sherry Pork Chops and Apples

2 T oil
6 thick pork chops
3 medium apples; unpared, cored and sliced
¼ C brown sugar
½ t cinnamon
2 T butter
salt and pepper, to taste
½ C sherry (dry or cooking)

Brown chops in oil. Arrange apple slices in a greased 9 × 13 in pan. Mix sugar and cinnamon and sprinkle mixture over apples. Dot apples with butter and place chops on the apple slices. Sprinkle with salt and pepper and pour sherry over all. Cover and bake at 350° for 1 hour.

Serves 6.

Irene Sulkowski • Richmond, VA

Spareribs Barbecue

2 lbs spareribs
¼ C soy sauce
2 T lemon juice
3 cloves garlic, minced
¼ C brown sugar
1 t salt

Combine all ingredients and let marinate overnight or at least 4 hours turning pieces frequently to soak them evenly.

Pour hot water in pan of roaster to a depth of 1 inch. Place ribs on roaster rack and bake in preheated 350°F. oven for 1 hour, turning ribs once after 30 minutes.

Serves 4.

Jessica Viado • Los Angeles, CA

Chops, Pizza-Style

4¾" pork chops, trimmed

2 T oil

½ C tomato sauce

½ t oregano

1 T minced parsley

1 clove garlic, minced

salt and pepper to taste

Heat oil in frying pan, brown chops. Add parsley and garlic and cook 2-3 minutes. Add a small amount of water or wine. Pour tomato sauce over each chop, sprinkle with oregano. Cover and simmer over low heat. Turn chops after 15 minutes; check for doneness after 30 minutes.

Lisa Schaefer • Huntington Station, NY

Sweet and Sour Ribs

Sauce

1 can tomato sauce

1 C vinegar

2 T meat sauce (optional)

1 t salt

1 T dry mustard

1 t paprika

⅓ t pepper

1 clove garlic cut fine

Cover and simmer sauce 15 minutes.

Ribs

Preheat oven to 325°.

Cook ribs for an hour and 15 minutes. Country style ribs work the best. Pour half of the sauce over the ribs and cook 45 minutes longer. Add rest of the sauce shortly before serving.

Laura Mann • Thousand Oaks, VA

Sweet and Sour Lamb Chops or Riblets

2 lb lamb cut in serving sized pieces
2 T peanut oil
¼ C chopped onion
1 C sliced carrots
1 C pineapple chunks, reserve syrup for sauce
2 green peppers, cut into 1" squares
6 small sweet pickles, diced

Sauce

1 clove garlic, mashed
1 bunch green onions, chopped
2 T cornstarch
2 T brown sugar
2 T teriyaki sauce
2 T mustard
2 T vinegar
1 C pineapple syrup
1 bouillon cube dissolved in ¾ C hot water

Marinade

½ C vinegar
¼ C teriyaki sauce
½ t salt

Marinate lamb overnight in marinade mixture. About two hours before serving, place lamb, marinade and enough water to cover in a large saucepan. Bring to boil, reduce heat and simmer about 1 hour or until tender. Drain. Heat oil in a large skillet. Brown lamb pieces in hot oil; add onion, green peppers and carrots and fry until onion begins to wilt. Add pineapple and pickles. Mix sauce ingredients and add to the lamb and vegetables, stir in well. Cover and simmer about 20 minutes or until the vegetables are tender; stir occasionally. Serve with rice or noodles.

Serves 4.

H. Rhone • Los Angeles, CA

Lodi Veal Sauté

2 large yellow onions, finely chopped
 1 C chopped parsley
 1 clove garlic, peeled and crushed
 ¼ t dried rosemary, crushed
 ¼-½ t oregano, crushed
 ¼ C olive oil
 2 lbs top round veal steak, sliced into ½ x ½ x 1½" strips
 1½ t salt
 ⅛ t pepper
 ½ C sliced green olives
 1 4 oz can button mushrooms, drained
 1 C dry white wine
 ⅛ t allspice
 1 lemon, sliced

Sauté onions, parsley, garlic, rosemary and oregano in heated oil until slightly cooked but not browned. Add veal strips, salt and pepper. Sauté slightly, about 5 minutes, mixing well. Add olives, mushrooms, wine and allspice. Cover and simmer until veal is tender, 5-10 minutes. Top with lemon slices. Cover and simmer 5 minutes longer. Discard lemon slices and serve. Good with buttered noodles.

Kathy Hannah • Richmond, VA

Cooks' Quips

A pot roast can be attractively served by removing it from the broth, slicing or shredding it and place on a platter surrounded by the vegetable with which it was cooked; cover with foil and put it back into a 200° oven until serving time (up to 30 minutes). This allows plenty of time to thicken the gravy and to perform any last minute details.

A 4-lb stewing or frying chicken yields about 4 cups cut-up chicken for casseroles or salads.

Too salty? Try adding a small amount of sugar or add a pared potato, discarding after cooking.

A pinch of salt added to flour before it is mixed with liquid will help avoid lumpy gravy. Mix flour (2 T) with ¼ C water or cooled liquid before adding to cooking liquid.

To aid in browning fat for use in gravy, add ½ t sugar to the pan when scraping up brown bits.

Rita's Chicken and Rice

1 fryer, cut up in eighths
 1 T lemon juice
 soy sauce
 seasoned salt
 ¼ C vegetable oil
 1 clove garlic, minced
 1 medium onion, chopped
 1 large tomato, cut in chunks or 10 cherry tomatoes, halved
 1 bay leaf
 ¼ t thyme
 ½ C white wine
 1 8-oz can tomato sauce
 1 C uncooked rice
 ¼ C sliced olives
 1 C cooked ham, pork or sausage pieces (sausage is best)
 pimientos and sliced hard boiled egg for garnish.

Season chicken pieces with lemon juice. Sprinkle liberally with soy sauce. Add seasoned salt to taste. Cover and refrigerate 5–6 hours or over night. When ready to cook, brown chicken in hot oil. Add garlic, onion, tomato, bay leaf, thyme, wine and tomato sauce. Cook for 20–30 minutes, covered, at a slow simmer. Rinse rice until water runs clear. Add to the chicken liquid. Bring to a boil, then reduce heat once again to simmer. Cook, covered until all the liquid is absorbed (check at 20 minutes). If mixture seems too dry, add a little boiling water. Turn bottom rice to top with a fork. Add olives and cooked sausage or meat. Put in 325° oven to hold for a short while. This will dry the mixture if necessary. If just heating through, cover with foil.

Mary Wagner • Richmond, VA



Chicken and Rice

1 10.5-oz can cream of mushroom soup
 1 soup can of milk
 ¾ C uncooked Minute rice
 1 4-oz can mushrooms
 1 envelope onion soup mix
 4 chicken breasts

Blend soup and milk. Stir in rice, mushrooms, soup mix. Pour into 11½ × 7½ × 1½" dish. Arrange chicken on top of rice. Cover with foil. Bake 1 hour at 350°. Uncover and bake 15 minutes more.

Mary Ann Bryant • Louisville, KY

Rellenong Manok (Stuffed, Boned Chicken)

- 3½ to 4 lb roasting chicken
- 2 T lemon juice
- 3 T sugar
- 1½ lb ground pork
- ¼ lb finely chopped ham
- 3 T sweet relish
- 2 T catsup
- 1 t salt
- 1 medium onion, finely chopped
- 2 T raisins
- 2 eggs, raw
- ½ tsp. white pepper
- 4 shelled hard cooked eggs
- 2 T melted butter

Rinse chicken in cold water. Dry thoroughly. Cut along the backbone from neck to tail. Carefully free the meat from the bones with a sharp paring knife working from the neck toward the tail, taking care not to pierce the skin.

Combine lemon juice, soy sauce and sugar; pour this mixture over boned chicken and let marinate for at least 1 hour.

Thoroughly combine the rest of the ingredients except the hard cooked eggs and melted butter. If desired, fry a teaspoonful of this mixture to taste for seasoning.

Stuff boned chicken with pork mixture. Press the hard cooked eggs into the stuffing, 2 on each side of the chicken.

Sew up opening (ordinary thread and sewing needle will do). Fold neck skin and fasten with a small skewer or toothpick to the back of the chicken. Pat the chicken into a semblance of its original shape.

Brush stuffed chicken all over with melted butter. Place breast side up on a rack over a roaster pan. Bake in a preheated 350° oven loosely covered with foil for 1½ hours. Remove foil during the last 30 minutes to brown the chicken.

Let the chicken cool for 30 minutes before slicing because it does not slice well when hot. Serve the gravy.

Gravy For Stuffed Chicken

4 T pan drippings from roasted chicken
4 T flour
2 C chicken broth (made from bones of chicken)
Salt and pepper to taste.

Combine pan drippings with flour in a saucepan and place over moderate heat. Slowly add broth stirring continuously with a whisk. Scrape all browned bits clinging to pan. Simmer stirring for 6-8 minutes or until thick and smooth. Correct the seasonings. Serves 8-10.

Jessica Viado • Los Angeles, CA

Stuffed Cornish Hens

¼ C chicken bouillon
¼ C dry white wine
¼ t thyme leaves
¼ t parsley leaves
2 4½-oz jars sliced mushrooms, drained
1 C finely chopped celery
1 C fresh or frozen chopped onion
½ t pepper
salt
4 1 lb Rock Cornish hens

In a small bowl, stir bouillon, wine, thyme and parsley; set aside. In large bowl, combine mushrooms, celery, onion, pepper and ½ t salt. Preheat oven to 375°. Remove giblets and necks from hens. Rinse hens and drain well. Tuck neck skin of hens under wings to secure them. Lightly sprinkle cavities and outside of hens with salt. Lightly spoon mushroom mixture into cavities. With string, tie legs and tail of each hen together. Place hens, breast-side up, in 13" x 9" roasting pan; pour bouillon mixture over hens. Roast hens, brushing every 15 minutes with liquid in pan, for 1¼ hours or until a leg can be moved easily up and down. Remove strings. Skim fat from juice in pan and serve juice with hens. Makes 4 servings.

Rhonda Brant • Washington, D.C.

Huntington Chicken

better when made the day before, and it can be frozen

- 2 2 lb young chickens*
- 1 C dry white wine
- salt and pepper
- 1½ C small shell macaroni, uncooked
- ½ C chopped green pepper
- ½ C chopped pimientos
- 2 4-oz cans button mushrooms, drained
- 1 can cream of chicken or mushroom soup
- 4-5 dashes Tabasco sauce (or more, to taste)
- 1 C cheese cracker crumbs
- 1 C grated sharp cheese

Combine chicken in wine and enough water to cover (about 2-3 cups) until tender, seasoning with salt and pepper. Pour off and reserve liquid from chicken. Measure cooking liquid from chicken, add enough water to make 5 cups. Cook macaroni and green pepper in chicken liquid for 10 minutes. Drain, reserving liquid. Cut chicken meat from the bones into bite-sized pieces. In a large mixing bowl, combine chicken, cooked macaroni, green pepper, pimientos, drained mushrooms, soup, chicken liquid and Tabasco sauce. In an 8 x 12" glass baking dish, place a layer of chicken mixture; top with a layer of cracker crumbs, then a layer of cheese. Repeat layers until all ingredients are used, ending with cheese. Bake at 350° for 30 minutes, making sure that cheese has melted.

Makes 8-10 servings

*You may substitute 4 cups of leftover, cooked chicken or turkey. In this case, cook macaroni in 5 cups of water to which you have added 3 teaspoons chicken bouillon granules.

Kathy Hannah • Richmond, VA

Boiled Chicken

- 1 or 2 whole fryers
- water
- salt

Bring a soup pot full of water to a boil. Add salt and chicken(s). Water must cover chicken. Bring to a second boil, cover and turn off heat. Let chickens sit for 1 hour no more, no less. Chicken is very tender and can be used as is or used for sandwiches or salads.

Robyn Browning • Los Angeles, CA

Chicken and Mushrooms

for the crock-pot or slow cooker

- 1 cut up fryer
- 2 T butter
- salt and pepper to taste
- 2 T dry Italian dressing mix
- 1 can cream of mushroom soup
- 2 3-oz pkgs cream cheese, cubed
- ½ C dry sherry
- 1 T chopped onion
- 1 4-oz can drained mushrooms

Wash chicken and pat dry. Brush with butter. Sprinkle with salt and pepper. Place in a slow cooker, sprinkle with dressing mix. Cover and cook on low heat for 5–6 hours. About 45 minutes before serving, mix soup, cream cheese, sherry and onion in saucepan. Cook until smooth. Pour over chicken in pot and add mushrooms. Cover and cook for another 30 minutes; serve over rice or noodles.

Anne Donnelly • Richmond, VA

Hot Chicken Salad

- 2 C cooked chicken (may use chicken breasts)
- 3 hard boiled eggs, chopped
- 1 C chopped celery
- ½ C mayonnaise
- 1 T lemon juice
- ½ C sliced almonds
- 1 can undiluted cream of chicken soup
- salt and pepper
- crushed potato chips or Swiss cheese

Combine all ingredients except chips or cheese. Mix well. Pour into casserole and top with crushed chips or cheese. Bake at 400° for 20 minutes.

Serves 6.

Mona Cecil • Richmond, VA

Chicken Honey

1 3 lb chicken, halved

Marinade

1 T lemon juice

2 T soy sauce

3 T packed brown sugar

1½ t salt

½ t MSG

1 t tabasco sauce

Basting Mix

¼ cup honey

½ T soy sauce

Wash and dry chicken halves thoroughly. Combine ingredients for marinade and pour over chicken in a shallow bowl. Cover and refrigerate overnight or at least 4 hours. Preheat oven to 350°. Drain chicken, place on rack of roasting pan. Pour 1 cup water in bottom of pan. Cover loosely with aluminum foil. Bake for 30 minutes. (Water in pan will steam-cook chicken.) Meanwhile, combine basting mix. Remove foil covering of chicken. Bake for 10 minutes more, basting every 5 minutes until brown all over. Turn chicken over and bake another 10 minutes basting as before to brown the other side.

Serves 4

Jessica Viado • Los Angeles, CA



Spanish Chicken

Brown chicken pieces in vegetable oil with 1 medium onion, chopped.

Add

1 C pitted ripe olives, sliced

½ C pimientos, shredded

1 T chopped parsley

1 C tomato juice

salt, pepper and paprika to taste

Cover and simmer until tender, about 1 hour.

Linda Wilson • Atlanta, GA

Stewed Chicken

1 large roasting chicken cut-up
2 lbs carrots
6 to 7 potatoes
3 medium onions

Seasonings: garlic powder
onion powder
paprika
celery salt

Slice onions and line the bottom of your roasting pan. Season each piece of chicken. Place on the onions. Slice carrots and potatoes and place over the chicken. Season to taste. Add 1 cup of water and cover. Cook at 325° to 350° for 2 hours. Baste periodically.

Dinah Kazden • Los Angeles, CA

Dumplings for Chicken

1½ C flour
2 t baking powder
¾ C milk
¼ t salt
3 T shortening

Combine flour, baking powder, and salt in mixing bowl. Cut in shortening until mixture resembles commel. Stir in milk until just blended. Place about ½ inch water in a large saucepot with a wire rack that comes 2 to 3 inches above water line. Cover rack with lightly oiled waxed paper, oiled side up. With water gently simmering, drop dumplings by tablespoons onto waxed paper leaving room in between for expansion. Steam 8 minutes, uncovered, then cover and steam for 7 minutes longer.

Michelle and Jean • Los Angeles, CA

Chicken Creole

3 lb chicken
2 lb canned tomatoes, chopped
1 large onion, chopped
1 medium green pepper, chopped
6 cloves garlic, finely minced
2 bay leaves
1 t oregano
salt and pepper to taste

Boil chicken, remove skin and bones and cut into medium-sized pieces. Set aside. Combine remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes. Add chicken. Bake in a glass baking dish for 30 minutes at 350°. Serve over rice.

Linda Dillon • Richmond, VA

Chicken Stew Sullivan

1 whole chicken
¼ C butter
1 lb can each; peas, green beans, potatoes, corn and carrots
5 t flour

Cut up chicken; brown pieces in butter. Put pieces into pot with just enough water or chicken stock to cover. Bring liquid to a boil. Reduce heat at once. Simmer, uncovered 45 minutes to an hour or until tender. Remove chicken to cool. Remove meat from bones and chop into bite-sized pieces. Return chicken to broth along with all vegetables. Cook 15 minutes on medium heat. Turn on high, bring to boiling. Mix flour with a small amount of cold water, stir into stew. Let stew thicken, stirring, constantly. Season to taste. Pour over bread, rice, etc.

Leanne A. Sullivan • Nashville, TN

Hungarian Chicken Paprikash

- 1 chopped onion
- 4 T vegetable oil
- 1 T paprika
- 1 t black pepper
- 2 T salt
- 4-5 lbs chicken, cut into pieces
- 1½ C water
- ½ pt sour cream

Sauté onion in oil; add seasonings and chicken; sauté about 10 minutes, until chicken nicely browned. Add water. Cover and simmer slowly until chicken is tender, 30-45 minutes. (May be longer, depending on the amount and size of chicken) Remove chicken. Add sour cream to pan drippings and mix well. Do not allow to boil or it will curdle. Serve with dumplings.

Serves 4.

Dumplings

- ½ C water
- 3 eggs
- 1 t salt
- 2 C sifted flour

Stir together all ingredients and drop one layer thick by teaspoonfuls into a large pot of boiling water. Do not cover; they are done when they rise to the top. Remove from water with a slotted spoon and keep warm in a buttered skillet. Sprinkle with saltine cracker crumbs to keep from sticking.

Ilene Decker • Thousand Oaks, CA



Club Chicken

- 2 C rice
- 2 lb chicken breasts
- 1 pkg onion soup mix
- 1 can cream of celery soup
- 1 can water
- ½ C chopped mushrooms

Place rice in buttered baking dish. Pour celery soup, sliced mushrooms on rice. Place chicken on rice. Sprinkle onion soup on top and 1 soup can of water. Cover & bake in a 350° oven for 1 hour.

Mary King • Norfolk, VA



Chicken Casserole

- 1½ lbs boneless chicken breasts
- 1 pkg Pepperidge Farm Corn Bread Stuffing
- 1 can cream of celery soup
- 1 can cream of chicken soup
- ½ C butter, melted
- 2 C chicken broth

Remove skin from chicken and boil until tender, about 20 minutes. Remove from water and drain. Dilute soups with chicken broth. Mix melted butter with stuffing mix. Put ½ dressing in a greased 3 qt casserole; place chicken on top. Pour ½ soup mixture over chicken; cover with remaining stuffing, then soup. Bake at 350° for 1 hour.

Penny L. Hackett • Richmond, VA

Chicken Casserole Variation

Use the meat taken from one boiled chicken. Replace chicken broth with *1 cup milk*.

Mary Wagner • Richmond, VA

Chicken Mexicana

- ¼ C butter
- 1 onion, chopped
- 1 small green pepper, chopped
- 1 28 oz can tomatoes
- ½ t oregano
- 2 T fresh parsley, minced or 2 t dried
- 1 t chili powder
- ½ t black pepper
- 2 4-oz mushrooms
- 1½ T cornstarch dissolved in 1 C chicken broth
- garlic powder to taste
- 2 C cooked chicken, cut in bite-sized pieces

Brown onion and green pepper in butter. Add next 8 ingredients and simmer 30 minutes. Add cooked chicken, heat through. Serve over rice. Serves 4.

Rochelle Roe • Richmond, VA

Chicken-Artichoke Casserole

- 3 lb cut up fryer or selected pieces
- 1½ t salt
- ¼ t paprika
- 6 T butter
- ¼ lb fresh mushrooms, cut in large pieces
- 1 12–15-oz can artichoke hearts, drained
- 2 T flour
- ⅔ C chicken broth or bouillon
- 3 T dry sherry

Season chicken pieces with salt, pepper and paprika. Melt 4 T butter in a skillet and brown chicken; remove to a big casserole. Put remaining 2 T in skillet and saute mushroom for about 5 minutes. Sprinkle the flour over the mushrooms, stir in broth and sherry. While this mixture cooks 5 minutes, arrange artichoke hearts between chicken pieces. Pour mushroom sauce over chicken; cover and bake at 375° for 40 minutes. May be fixed in the morning or the day before.

Anne Donnelly • Richmond, VA



Chicken Adobo with Pineapple

- 3 lb chicken, cut up
- ½ C vinegar
- 1 T salt
- ¼ t pepper
- 1 small bay leaf
- 3 cloves garlic, minced
- ¼ C water
- 1 C drained pineapple tidbits
- 1 medium tomato quartered

Place first 7 ingredients in a pot and simmer covered for 30 minutes or until chicken is tendered.

Add tomatoes and pineapple and cook uncovered until liquid is reduced to half.

Serves 5–6.

Jessica Viado • Los Angeles, CA

Gourmet Chicken Divan

- 1/3 C all-purpose flour
- freshly ground pepper to taste
- 2 whole chicken breasts, split, boned and skinned
- 1/3 C butter or margarine
- 1 1/3 C chicken broth
- 1/2 t dried whole basil
- 1 lb fresh broccoli (2 frozen pkg will do but is not as good)
- 2 T butter or margarine
- 1/4 lb fresh mushrooms, sliced
- 1 8 oz sour cream
- 2 T grated parmesan cheese

Combine flour and pepper. Dredge chicken in flour. Melt 1/3 cup butter in a large skillet and brown chicken on both sides. Remove chicken and drain on paper towels. Add broth to skillet; cook over low heat 5 minutes stirring to loosen brown particles. Return chicken to skillet and sprinkle with basil. Cover and simmer 30 minutes. Trim off large leaves of broccoli. Remove tough ends of lower stalks and wash broccoli thoroughly. Make lengthwise slits in large stalks. Arrange broccoli on steaming rack with stalks to center and steam 10 minutes. Melt 2 T butter in small skillet and add sliced mushrooms and saute 2 minutes. Place broccoli in a buttered 13 x 9 x 2 baking dish. Place broccoli with stalks to center of pan. Remove chicken from skillet with a slotted turner, reserving pan drippings, arrange chicken on broccoli. Spoon mushrooms on top. Stir sour cream into reserved pan drippings; cook over low heat until thoroughly heated being careful not to boil. Pour sauce over chicken. Sprinkle with cheese. Place pan 6 inches from broiler element and broil 3 to 5 minutes until top is golden brown. Yield 4 servings.

Dorothy Bernstein • Jericho, NY

Chicken with Wild Rice

- 1 6-oz box Uncle Ben's Long Grain and Wild Rice
- 1 envelope onion soup mix
- 1 can golden mushroom soup
- 3 C boiling water
- 4-6 chicken breasts, skinned and boned

Mix rice and soups with water in a 9 x 11" dish. Lay chicken on top of mixture. Cover with foil and bake 1 hour at 400°. Let stand 15 minutes before serving.

Dee Kallman • Greensboro, NC

Chicken Orobianco

- ¼ C olive oil
- 2 garlic cloves, quartered
- 4 whole medium chicken breasts, boned & each cut in half
- 2 lbs hot Italian sausage links
- 2 C Orobianco or medium dry white wine
- ½ lb mushrooms, sliced
- 1 t salt
- ¼ C water
- 2 T cornstarch

About 1¼ hours before serving:

In 12 inch skillet over medium heat, in hot olive oil, cook garlic until golden; with slotted spoon, remove garlic from oil; discard garlic. In drippings in skillet, over medium high heat, cook chicken and sausages, a few pieces at a time, until browned on all sides. Spoon off all but 2 tablespoons drippings. Return chicken and sausages to skillet. Stir in wine, mushrooms and salt; heat to boiling.

Reduce heat to low; cover skillet and simmer 30 minutes or until chicken is fork-tender, basting occasionally with liquid in skillet. Arrange chicken and sausages on warm platter.

In cup, blend water and cornstarch until smooth; gradually stir into hot liquid and cook over medium heat, stirring constantly, until mixture is thickened. Spoon some of sauce over chicken. Pass remaining sauce in gravy boat. Makes 8 servings.

Goldie Blanset • Richmond, VA

Chicken Divan

- 6 boned chicken breasts
- 2 pkgs frozen broccoli spears
- 1 can cream of chicken soup
- ½ C mayonnaise
- 2 T lemon juice
- 3 T sherry
- ¼ C parmesan cheese

Cook broccoli according to pkg directions. Place in a buttered baking dish. Top with chicken breasts that have been browned in butter. Mix remaining ingredients and pour over chicken. Bake uncovered at 350° for 1 hr. In place of chicken, turkey may be used. In this case change baking time to 35 minutes.

Kyle Clements • Richmond, VA



Chicken Divan

- 2 10-oz pkgs frozen broccoli (slightly cooked)
- 3 lbs chicken breasts (cooked, deboned)
- 2 cans cream of chicken soup
- 1 C mayonnaise
- 1 t lemon juice
- 1 t curry powder
- 1 T butter-melted
- ½ C shredded sharp cheddar cheese

Topping

- ½ C shredded sharp cheddar cheese
- ½ C soft bread crumbs

Arrange broccoli in casserole dish: place chicken pieces over it; combine all other ingredients and pour over. Top with topping; Heat until bubbly, at 350° for 30 minutes, covered with foil.

Serves 6–8.

Cathie Richardson • Norfolk, VA
Sara Pietrowski • Hampton, VA

Chicken Divan Variation

Thinly slice the cooked chicken and overlap the slices in the casserole dish. Serve with rice.

Carol Beercheck • Los Angeles, CA



Deviled Chicken

- 1 fryer cut up
- ¼ C shortening
- 4 T flour
- ½ t salt
- ⅛ t pepper
- 3 T catsup
- 2 t dry mustard

In large skillet, brown chicken in shortening. Remove chicken and measure shortening to make sure that there is ¼ still remaining. Return oil to skillet. Add flour, salt, and pepper. Stir to thicken. Mix in catsup and dry mustard. Return chicken to skillet. Stir to coat chicken. Cover and cook for 30 minutes.

Debie Kelley • Richmond, VA

Suzannès Chicken Curry

3 whole chicken breasts, boned
 3 stalks celery
 2 cans tomato soup
 1 6-oz can tomatoes
 1 large onion, chopped
 2 medium garlic cloves, minced
 1 T curry powder
 ½ t thyme
 ¼ t ginger
 ¼ t oregano
 salt and pepper to taste

Boil chicken with celery stalks in salted water for 1 hour. Drain chicken, reserve liquid. Dice chicken; add all ingredients including chicken into reserved liquid. Bring to a boil. Lower heat and simmer for 20 minutes. Serve over rice, (optional, curried rice). Serve any combination of condiments: toasted slivered almonds, roasted Spanish peanuts, chutney, shredded coconut, sliced green onions, raisins, crushed pineapple, crushed bacon, hard boiled egg whites, hard boiled yolks, coffee grounds. Freezes well.

Serves 4-6

Sherri Arden • Richmond, VA

Chicken Enchiladas

3 chicken breasts
 oil
 1 large onion finely chopped
 1 can sliced olives
 2 doz corn tortillas
 2 28-oz cans Las Palmas Enchilada Sauce
 Shredded Cheddar cheese
 Shredded Monterey Jack cheese

Cook chicken in water to cover until tender. Cool and discard skin and bones and finely shred meat. To assemble enchiladas, fry each tortilla in oil just until softened. Drain tortillas and place on each of them some chicken, sliced olives, chopped onion, a little cheddar and a T of sauce. Roll and place seam side down in a 13 x 9" baking dish (baking dish should have sauce at the bottom). Cover the layer of enchiladas with sauce and cheeses. Bake at 350° until cheese is melted and sauce is bubbly, about 20 minutes.

Linda Rolzinski • Los Angeles, CA

Chicken Fritters with Shallots and Garlic

- 2 t butter
- 4 medium shallots thinly sliced
- 1 garlic clove thinly sliced
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t pepper (freshly ground)
- $\frac{1}{4}$ t freshly grated nutmeg
- 2 C cubed, skinned and boned chicken breast, cooked
- 2 eggs
- 2 t cornstarch
- $\frac{1}{4}$ C peanut oil (corn oil)

Melt butter in heavy large skillet over medium heat. Add shallot and garlic and saute 2 minutes. Stir in salt and pepper and nutmeg, blending well. Set aside. Coarsely purée chicken in food processor. Add eggs, cornstarch and shallots mixture and blend well. Heat oil in wok or heavy skillet over medium high heat. Add chicken mixture to oil by heaping teaspoons (do not crowd) and brown on both sides for about 2 to 3 minutes. Remove with slotted spoon and drain on paper towels. Serve immediately.

Carol Nelson • Los Angeles, CA

Chicken Quiche Almondine

- 1 unbaked 9" deep dish pie crust
- 1 C diced, cooked chicken
- 3 T slivered almonds
- $1\frac{1}{2}$ C grated Swiss cheese
- 3 eggs
- $1\frac{1}{2}$ C half & half
- $\frac{1}{4}$ t mace
- 2 T Parmesan cheese
- $\frac{1}{2}$ t dried parsley flakes
- salt and pepper to taste

Place chicken and almonds in pie shell. Add Swiss cheese. Beat eggs slightly; blend in half & half and spices. Pour into pie shell. Bake at 375° for 35-40 minutes. Sprinkle Parmesan over top and serve. Serves 6.

Paulette Greentree • Richmond, VA

Chicken Cacciatore

1 lb boneless chicken strips
 ½ C chopped onion
 1 garlic clove, minced*
 2 t oil
 1 28-oz can tomatoes*
 1 8-oz can tomato sauce*
 1 t salt
 1 t oregano
 1 t basil
 ⅛ t ground red pepper*
 1 C green pepper strips
 1½ C minute rice

*or use one 16 oz jar spaghetti sauce and 1¼ cups water.

Brown chicken, onion and garlic in oil. Add tomatoes, tomato sauce, seasonings and green pepper. Bring to a full boil. Stir in rice and cover. Remove from heat and let stand 5 minutes. Stir before serving. Makes four servings in 20 minutes.

Donald Byrd • Hickory Hollow, TN

Chicken and Artichoke Au Gratin

2-oz pkg frozen artichoke hearts
 4 T butter
 1 C milk
 4 T flour
 1 C chicken broth
 3 T sherry
 ¾ cup grated cheddar cheese
 salt and pepper to taste
 4 cups diced chicken
 paprika

Cook artichoke hearts as directed on package and drain. In saucepan melt butter. Stir in flour and gradually blend in milk and chicken broth, stirring until thick and smooth. Remove from heat. Stir in sherry and ¼ C cheese. Season with salt and pepper. Arrange artichoke hearts around edge of a shallow baking dish with chicken in the center. Pour on cheese sauce. Sprinkle with remaining cheese and dust with paprika. Bake at 375° for 20 minutes.

Sherry Sharp • Richmond, VA



Chicken Chow Bake

- 2 C diced cooked chicken
- 1 can cream of mushroom soup
- 1 C pineapple tidbits, drained
- 1 T soy sauce
- 1 C celery, sliced
- 2 T chopped green onions
- 1 can (2½ C) chow mein noodles

Combine all ingredients except noodles, mix well. Gently fold in 1 C noodles. Turn into and 8 × 8" dish. Sprinkle with remaining noodles. Bake 50 minutes at 350°. Pass additional soy sauce.

Serves 4.

Kathy Hannah • Richmond, VA

Hawaiian Haystack

- 2 cans cream of chicken soup
- 1 C chicken broth
- 2 C cooked chicken
- 4 C cooked long grain rice
- 1 can chow mein noodles
- 3 medium tomatoes, sliced
- 1 C chopped celery
- ½ C chopped green pepper
- ½ C chopped green onion
- 1 20-oz can pineapple chunks, drained
- 1 C grated cheddar cheese
- ½ C slivered almonds
- ½ C coconut
- 1 jar pimento, drained and sliced

Combine soup and chicken broth in a medium saucepan to make gravy. Stir to blend. Add chicken and simmer. On serving plate layer all ingredients: first stack rice, chow mein noodles, chicken and gravy. Add tomatoes, celery, green pepper and onion. Top this with pineapple, grated cheese and more chicken and gravy. Optional; stack almonds, coconut and pimento on top. If desired, prepare a buffet and let your family or guests stack "em up".

Alexis Hargraves • Charleston, SC



Chicken Stir Fry

Poultry

Cooking Time: 15 to 19½ minutes

Standing Time: None

Cooking Utensil: 2 qt. casserole

¼ cup sliced almonds
4 T margarine or butter, divided
1 lb boneless chicken breasts, cut into bite size pieces
3 T sliced green onions
1 small green pepper, cut in narrow strips
1 T plus 1 t cornstarch
1 C chicken broth
½ t salt
¼ t garlic powder
½ t ground ginger
1 8-oz can water chestnuts, drained and sliced
1 16-oz can bean sprouts (drained)
Hot cooked rice
Soy sauce

Spread almonds in casserole. Microcook, uncovered, on **High 2** to 3 minutes, stirring twice. They should appear light golden brown. Remove from casserole dish and set aside.

Place 2 T margarine in casserole. Melt on **Medium High (70%)** 30 seconds. Add chicken. Cover with wax paper. Microcook on **Medium High (70%)** 6 to 8 minutes or until done. Do not overcook. Lift chicken out with slotted spoon. Set aside.

Place onion, green pepper, and 2 T margarine in casserole. Cover with wax paper. Microcook on **High 2** minutes.

In a small bowl, stir broth into cornstarch. Stir until smooth. Add salt, garlic powder, and ginger. Stir into onion and pepper mixture. Microcook on **High 2½** to 3 minutes or until thickened.

Stir in chestnuts, bean sprouts, and chicken. Microcook on **High 2** to 3 minutes, stirring once, until hot.

Serve over hot rice. Garnish with almonds. Pass soy sauce. Serves 4-6.

From "The Microwave Touch" by Galen Hill

Chicken Tetrazzini

- 2 C chopped celery
- 1½ C chopped onion
- 3 T butter or margarine
- 2 C chicken broth
- 1 T Worcestershire sauce
- salt and pepper to taste
- ½ C sliced stuffed green olives
- 1 C chopped pecans or sliced almonds
- 1 can cream of celery soup
- ½ C milk
- 1 C grated sharp cheese
- ½ lb spaghetti cooked and drained
- 6 C chopped, cooked chicken

In a saucepan, cook celery and onion in butter until tender. Add chicken broth, Worcestershire sauce, salt and pepper. Simmer about 15 minutes. Slowly stir in celery soup, milk and cheese. Mix thoroughly. Remove from heat. Add cooked spaghetti. Let stand for 1 hour. Preheat oven to 350 ° Grease a 9 x 13" dish. Add chicken and olives to spaghetti. Place in prepared dish. Sprinkle with nuts. Bake 20 to 25 minutes or until hot and bubbly. Makes 12 servings. May be halved easily.

Rochelle Roe • Richmond, VA



Chicken Scaloppini

- 6-8 pieces boneless chicken breast
- ½ C flour
- 2 t garlic salt
- ½ t paprika
- ½ C butter or margarine
- 6 T water
- 2 T lemon juice
- ½ t instant chicken bouillon
- 6-8 thin lemon slices

Coat chicken pieces in mixture of flour, garlic salt and paprika. Melt butter in skillet and brown chicken. Remove pieces as they are done and keep warm. Add water, lemon juice and bouillon to butter remaining in skillet; stir. Add lemon slices and heat one minute. Pour broth over chicken on a platter; garnish with the lemon slices and snipped parsley, if desired.

Norma Gasparo • Richmond, VA

Chicken or Salmon a la King

- 2 T butter
- 1 C sliced mushrooms
- 1 C chicken stock
- 1 C sour cream or evaporated milk
- 2 egg yolks
- salt and pepper
- 1 green pepper minced
- 2 T flour
- 2 C diced cooked chicken or boned, canned red salmon
- 1 pimento diced

Melt butter, add green pepper and mushrooms and sauté until tender. Remove from pan. Add flour to butter and stir until well blended. Slowly add stock and cook until thickened. Add chicken or salmon, cooked peppers and mushrooms. Heat thoroughly. Remove from heat and add cream mixed with beaten egg yolks. Add salt, pepper and pimento. Do not boil after adding egg yolks. Serve over hot biscuits, egg noodles or Pepperidge Farm Patty Shells.

Robin Shanke • Richmond, VA

Chicken Filled Shells

Leftover chicken a fresh way

- 2 C cubed cooked chicken
- 1 C cooked peas
- ½ C mayonnaise
- ⅓ C finely chopped onion
- 1 pkg jumbo shells, cooked and drained
- 1 can cream of mushroom soup
- ½ C water

Mix together first 4 ingredients. Stuff shells. Arrange in single layer in baking dish. Stir water into soup and pour over shells. Cover with foil and bake at 325° for 25 minutes. Garnish with parsley if desired. Serves 8.

Carol Beercheck • Los Angeles, CA

Sweet and Sour Chicken

Oil for frying
1 3 lb fryer, cut up
2 eggs
1 T water
1 C cornstarch

Sauce

1 C vinegar
1 C sugar
½ C chicken stock
½ C ketchup
2 T soy sauce
1 t salt

Dry chicken pieces thoroughly. Beat together eggs and water. Dip chicken into egg mixture, then roll in cornstarch. Heat 1" depth of oil over medium heat in large skillet. Carefully fry pieces until lightly golden brown. Place in a 9 x 13 in. pan. In medium saucepan, combine all sauce ingredients, bring to a boil, stirring to dissolve sugar. Pour ⅔ of the sauce over chicken. Bake at 350° for 1 hour, basting with the remaining sauce every 15 minutes. Ideal with fried rice and won ton salad. (see Salads).

Teresa Billings • Oxnard, CA

Chicken Veronique

2 T flour
½ t salt
½ t black pepper
3 lb chicken parts
¼ C oil
½ C dry white wine
⅓ C orange juice
2 T honey
1 T parsley
1 C seedless white grapes, cut in halves

Combine flour, salt and pepper. Lightly dust chicken with the seasoned flour. In large skillet, brown chicken in oil. Add wine, orange juice, honey and parsley. Simmer, covered over low heat for 45 minutes, stirring occasionally. Add grapes. Cook 2 minutes more. Serves 4-6.

Irene Sulkowski • Richmond, VA



Chinese Chicken Casserole

- 2-3 cooked chicken breasts, cut into bite-sized pieces
- 1 3-oz can chinese noodles
- 1 14-oz can chop suey vegetables, drained
- 1 can cream of mushroom soup
- 1 C sliced mushrooms
- 1 C shredded American or Cheddar cheese

Mix all ingredients except about $\frac{1}{3}$ of the noodles. Pour into ungreased casserole dish. Bake at 350° for 30 minutes. Remove from oven and sprinkle with cheese and remaining noodles; bake another 5-10 minutes or until cheese melts.

Serves 4.

Barbara Stanton Appleby • Richmond, VA



Microwaved Sweet and Sour Chicken

- 1½-2 lb Chicken breasts (deboned and cut into bite size pieces)
- 1 bottle of Russian salad dressing
- 1 10-oz jar apricot preserves
- 1 pkg, dry onion soup mix
- ¼ C water for thinning

Mix ingredients and pour over chicken in 12 x 8" dish. Cover with plastic wrap (Saran Wrap works best). Microwave on HIGH for 20 minutes.

Serve with rice. Makes 4-6 servings.

Diane Deaton • Virginia Beach, VA



Wrapped Chicken Breasts

- 8 skinned chicken breasts
- 1 package chipped beef or 4 oz dried beef
- 8 slices of bacon
- 1 can mushroom soup
- 1 C sour cream
- 4-oz can of mushrooms

Wrap each breast with bacon. Secure with a toothpick. Grease casserole. Line with chipped beef and place chicken breasts on top. Mix soup, sour cream and mushrooms and pour over chicken. Bake uncovered for 3 hours at 275°

Janet Rivas, Richmond, VA

Oriental Stuffed Chicken Rolls

this dish is a bit of trouble to prepare but well worth it!

- 5 large broiler-fryer breasts ($\frac{3}{4}$ lb each) split, skinned, boned
- 2 C buttermilk baking mix
- $\frac{1}{3}$ C chopped green onions
- 2 T oil
- 1 C minced shrimp (frozen if possible)
- 8-oz water chestnuts, drained and chopped
- $\frac{3}{4}$ C bean sprouts, rinsed and drained
- 3 T soy sauce
- 1 T instant chicken bouillon
- 2 T cornstarch mixed with $\frac{1}{4}$ C water
- 2 eggs slightly beaten with 2 T water
- oil for deep frying
- Sweet and sour apricot sauce (recipe follows)

Place chicken between pieces of waxed paper and pound thin. Dredge in baking mix; set chicken and baking mix aside. In large skillet sauté onions in oil until tender. Add shrimp, water chestnuts, bean sprouts, soy sauce and bouillon. Cook and stir until shrimp are opaque. Add cornstarch mixture. Cook and stir until thickened. Place 2 T filling at one end of each breast half. Roll up and secure with picks. Dip in egg mixture. Roll in remaining baking mixture. Heat oil in fryer to 400°. Fry rolls 2 at a time 10 minutes or until golden brown. Drain and keep warm in 300° oven until serving time. Serve with apricot sauce. Makes 5 generous servings of 2 rolls each.

*Chicken can be pounded and dredged and filling can be made a day ahead. Refrigerate until ready to use. Sauce keeps refrigerated at least one month.

Sweet and Sour Apricot Sauce

- $\frac{1}{4}$ C apricot preserves
- $\frac{1}{2}$ C packed brown sugar
- 2 T each: cider vinegar, soy sauce
- $\frac{1}{2}$ t dry mustard

Combine all ingredients in small saucepan. Stir over medium-low heat until sugar dissolves. Serve warm. Makes about $\frac{2}{3}$ cup.

Dorothy Bernstein • Jericho, NY

Southern Fried Chicken

desired amount cut-up chicken parts
salt and pepper
garlic powder
paprika
1 C flour
vegetable oil for frying

Wash chicken parts. Season with salt, pepper and paprika. Sprinkle lightly with garlic powder. Put flour into a zip-lock bag. Shake chicken pieces, 2-3 at a time. Pour oil into a large frying pan until it is no more than ½ full. Fry coated chicken in hot oil until golden, turning once.

Renee Jones • Richmond, VA

Turkey-Sausage Casserole

Great from Thanksgiving leftovers and just as good made from chicken. It's creamy, cheesy, spiced with mustard and sausage, and if you have leftover stuffing, it can be sprinkled over all for crisp and golden crust.

1 lb sausage links
¼ lb butter or margarine (1 stk)
¾ lb mushroom sliced
4 T all-purpose flour
1½ C chicken or turkey broth (1 can)
½ C whipping cream or half-and-half
1 C shredded sharp cheddar cheese (4 oz.)
1 t prepared mustard
1 t salt
1 t pepper
3 to 4 C cooked turkey, cut into bite-size pieces
stuffing – what you have or toss a little packaged herb-seasoned stuffing with some butter for topping.

Brown sausage in large skillet. Remove to paper towels and cool. Cut sausage in about ¾ inch pieces. In large saucepan melt 4 tablespoons butter. Sauté mushrooms. Sprinkle in flour and coat mushrooms well. Stir in broth and cream. Cook over moderate heat, stirring constantly until mixture comes to boil. Cook for one minute. Remove from heat and stir in cheese, mustard, salt, pepper, turkey and sausage. Pour into greased 2 qt. casserole. Top with stuffing. Bake uncovered at 350° for 20-30 minutes until top is browned and sauce is bubbling. Serves 6.

Laura Liverman • Los Angeles, CA

Peachy Oven Fried Chicken and Biscuits

- ¼ C shortening
- ¼ C margarine
- ½ C Bisquick
- 1 t salt
- ¼ t pepper
- 1 t paprika
- 3 lb fryer chicken
- whole cloves
- 1 16-oz can drained peach halves
- 2 C Bisquick
- ½ C cold water

Heat oven to 425 degrees

Melt margarine in a 13 x 9 x 2" pan. Blend ½ C Bisquick, salt, paprika, and pepper. Coat chicken. Place in a pan skin side down. Bake 35 minutes uncovered. While chicken is cooking, stir 2 C Bisquick with water. Knead 5 times. Roll to ½ inch thick and cut biscuits. After 35 minutes, turn chicken over and drain excess grease. Push chicken to one side of pan and place biscuits at other end. Put peach halves on top of chicken and put a clove in each peach. Bake until biscuits are brown.

Pam John • Nashville, TN



Easy Crumb Coated Chicken

- 6 boneless chicken breasts or 12 drumsticks
- ¼ C margarine or butter, melted
- 1 t onion salt
- ¼ t lemon pepper
- 1 C unseasoned dry bread crumbs
- ¼ C grated Parmesan cheese
- 1 t dry Italian seasonings

Season melted butter with onion salt and lemon pepper in a pie plate. Roll chicken pieces in butter, to coat. Mix together breadcrumbs, cheese and seasonings in another pie plate. Roll buttered chicken in crumb mixture, coating well. Arrange in a single layer in an oblong glass casserole or shallow baking dish. Bake until tender, about 40 minutes at 400°.

Marlene Rivas • Richmond, VA

Chicken Tortilla Casserole

- 4 whole chicken breasts
- 1 dozen corn tortillas
- 1 10¾-oz can cream of chicken soup
- 1 10¾-oz can cream of mushroom soup
- 1 C milk
- 1 onion, grated
- 1 to 1½ 8-oz cans chili salsa
- 1 pound Cheddar cheese, grated

Wrap chicken in foil and bake at 400° for 1 hour or until tender. Bone chicken and cut into pieces. Cut tortillas into quarters. Mix soups, milk, onion and salsa.

Grease large baking dish. Place two tablespoons of soup mixture on bottom. Place a layer of tortillas, then a layer of chicken, then a layer of soup mixture. Continue until all ingredients are used, ending with soup mix. Top with cheese.

Let stand in refrigerator 24 hours, covered, to allow flavors to blend. Bake at 300° for 1½ hours, covered with foil. Serves 8.

Pat Seres, San Angelo, TX



Easiest Sherry Chicken

- 1 lb skinned, boneless chicken breast
- ¼ C butter
- seasoned salt, pepper
- ¼ C dry sherry

Pound breasts, slightly with a wooden mallet; cut into serving sized slices. Sprinkle both sides of chicken with seasoned salt and pepper, to taste. Melt butter in frying pan or electric skillet. When butter is foaming, put chicken slices in pan. Sprinkle each piece with approximately ½ t sherry. Turn when browned around the edges, about 4–5 minutes. Pour remainder of sherry over chicken, continue browning until done, 4–6 minutes more.

W. Claude Dukenfield • Los Angeles, CA

Corn Fritters With Crabmeat

- 1 12-oz can corn kernels, well drained
- $\frac{1}{2}$ C flaked cooked crabmeat
- 2 medium shallots, thinly sliced
- 2 eggs, beaten
- 2 green onions, thinly sliced
- 1 t cornstarch
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ t pepper (freshly ground)
- $\frac{1}{4}$ C peanut oil or corn oil

Combine corn, crabmeat, shallot, eggs, green onions, cornstarch, salt and pepper in medium bowl and blend well. Heat oil in wok or heavy large skillet over medium high heat. Drop 1 heaping tablespoon corn mixture into the oil, flattening into an oblong shape using the back of the spoon. Brown on both sides for about 3 minutes. Remove with a slotted spoon and drain on paper towels.

Carol Nelson • Los Angeles, CA



Sautéed Shrimp

- 1–1½ lbs shrimp, peeled and deveined
- $\frac{1}{2}$ C bottled Italian dressing
- $\frac{1}{4}$ C butter
- garlic powder to taste
- 4 cups cooked, white rice

Place butter and dressing in a large frying pan; bring to a boil. Add garlic powder (or any other favorite spices) as desired. Lower heat and add shrimp; simmer for about 5 minutes. Do not overcook. Serve over rice. Nice with a green vegetable or salad for a quick, light meal. Serves 4.

Carolyn O'Beime • Richmond, VA

Crab Meat Delight

1 clove garlic, minced
 1 bay leaf
 2 t peanut oil
 1 6-oz can tomato paste
 1 16-oz jar spaghetti sauce
 ¼ C dry white wine
 2 t chopped parsley
 1 t each, sugar, basil, oregano
 ⅛ t cayenne
 dash of tabasco
 salt and pepper to taste
 1 lb cooked king crab meat in chunks

Sauté garlic in hot oil; add tomato paste, spaghetti sauce, wine parsley, bayleaf, sugar, basil, oregano, salt, pepper and tabasco. Cook over medium heat about 20 minutes, stirring often. Reduce heat; cover and simmer 30 minutes more. (If sauce seems too thick, stir in a little hot water.) Remove bay leaf, add crab and stir. Serve with hot French bread sprinkled with Parmesan cheese. Serves 4–6.

H. D. Rhone • Los Angeles, CA



Seafood De Elegance

1 fish fillet per serving, scrod or your favorite
 1 T butter, per serving
 ¼ C commercial crab meat salad, per serving
 1 8-oz carton of your favorite dairy chip dip
 2–4 T milk

Rinse fillets and pat dry. Lay flat and spread each with up to ¼ C crab meat salad. Roll up the fillet, jelly roll style and secure with a toothpick. Lay the pinwheel fillets on their side in a baking dish. Dot with butter. Bake at 350° for 20–25 minutes or until fish flakes easily with a fork; do not overcook. Remove onto warm serving plates. While fish is baking, combine chip dip and milk in a small saucepan over low heat, stirring until smooth and blended. To serve, spoon a little sauce over each fish roll.

(Hollywood) Bob Clemens • Hickory Hollow, TN

Scalloped Oyster Casserole

1 pt oysters (small)
2 T liquor from oysters
2 T milk or cream
½ C stale bread crumbs
1 C cracker crumbs (I use any I have that are flavorful rather than saltines)
½ T melted butter (margarine)
salt and pepper
1 t green pepper)
1 t minced onion) sauté in additional butter
1 hard-boiled egg

Sauté green pepper and onion in butter. Mix bread and cracker crumbs and stir in melted butter. Add green pepper and onion to crumbs.

Put thin layer of crumbs in bottom of greased, shallow baking dish. Layer oysters; salt and pepper oysters. Add ½ amount of oyster liquor and cream. Repeat. Cover with remaining crumbs. NEVER PUT MORE THAN TWO LAYERS OF MIXTURE.

Bake 30 minutes at 400°.

Sprinkle chopped hard-boiled egg over baked casserole.

Serves: 4.

Carol Helton • Richmond, VA

Crab Au Gratin

1 lb backfin crab
4 T butter
4 T flour
1 C half & half
salt and pepper
4 T dry sherry
1 C sharp cheddar cheese, grated

In a double boiler, melt butter; whisk in flour. Add half & half, stirring constantly until a smooth cream sauce is made. Add salt, pepper and sherry. Remove from heat and gently stir in crab meat. As an entree, spoon mixture into individual baking shells and sprinkle each with cheese. Bake at 400° for about 30 minutes. Serves 4.

*As canapes, fill miniature pastry cups with crab mixture. Top with cheese and bake until cheese melts, 15 minutes at 400°. Makes 48.

Paulette Greentree • Richmond, VA

Cold Salmon Mousse With Cucumber Sauce

- 2 C flaked cold cooked salmon
- 3 T fresh lemon juice
- 3 T mayonnaise
- $\frac{3}{4}$ t salt
- $\frac{1}{8}$ t cayenne
- 1 envelope unflavored gelatin
- $\frac{1}{2}$ C cold water
- $\frac{1}{2}$ C heavy cream, whipped

Combine salmon with lemon juice, mayonnaise, salt and cayenne. Soften the gelatin in $\frac{1}{2}$ cup cold water and dissolve over low heat. Cool slightly and combine with the salmon mixture. Fold in whipped cream, adjust seasonings, and pour into oiled small molds or a 1-qt mold. Chill.

Combine cucumber sauce ingredients (below) and chill.

Unmold mousse and serve garnished with cucumber sauce as a luncheon or first course.

Cucumber Sauce

- 1 C sour cream
 - $\frac{1}{2}$ C seeded and chopped cucumber, thoroughly drained
 - 2 t chopped chives
 - $\frac{3}{4}$ t dillweed
 - salt and freshly ground pepper to taste
- Combine ingredients and chill.

Ann Aldrich • Richmond, VA



Shrimp Casserole

- 1 can cream of celery or mushroom soup
- 1 C cooked macaroni twists
- $\frac{1}{3}$ C milk
- 1 lb popcorn shrimp, fresh or frozen (thawed)
- 4-oz can small green peas
- $\frac{1}{3}$ C bread crumbs
- $\frac{1}{4}$ C grated Parmesan cheese

Mix soup and milk; add the macaroni, shrimp and peas. Stir until completely blended. Cook 12 to 15 minutes on HIGH. Mix bread crumbs and cheese; sprinkle on top of casserole. Cook on HIGH again for 3 more minutes.

Pat Dail • Virginia Beach, VA



Shrimp Creole

Cooking Time: 22 to 27 minutes

Standing Time: 5 minutes

Cooking Utensil: 4 qt covered cooker

2 slices bacon
½ C chopped onion
½ C chopped celery
½ C chopped green pepper
1 clove garlic, minced
1 15-oz can tomato sauce
1 t lemon juice
1 t Worcestershire sauce
1 small bay leaf
¼ t basil
Few drops of hot pepper sauce
1 pound cleaned raw shrimp

Cut bacon into 1" pieces, and place in casserole. Cover. Microcook on High 1½ minutes. Add onion, celery, green pepper and garlic. Cover. Microcook on High 3 minutes.

Add tomato sauce, lemon juice, Worcestershire sauce, bay leaf, basil and pepper sauce. Cover. Microcook on High 3 minutes. Stir. Reduce to Medium (50%) for 10 to 15 minutes.

Add shrimp. Microcook on High 5 minutes or until shrimp are pink and tender. Do not overcook.

Let stand. Serve over hot rice.

Serves 4.

From *"The Microwave Touch"* by Galen Hill

Jim Isle Shrimp Boil

5 lbs fresh shrimp
12 ears corn on the cob, broken in half
3 pkgs Hillshire smoked sausage, sliced in ¼" circles
3 large onions, quartered
2 8-oz jars mildly hot peppers
2 envelopes shrimp/crab boil seasoning

Bring a large pot of water to boil. Add corn, return to boil and cook 5 minutes. Add remaining ingredients except shrimp; cook 5 minutes more (or until shrimp is done to your taste). Drain. Serve immediately a large serving bowl.

Jane Brown • Charleston, SC

Baked Fish Parmesan

2 lbs fish fillets
¼ lb butter
¼ C lemon juice
½ C white wine
salt, pepper, paprika
½ C Parmesan cheese

Preheat oven to 400°. Place butter in a shallow baking dish, 9 x 13 in. Place in oven until butter melts. Put fillets in dish, flesh side down, and return to oven for 5–10 minutes. Pour lemon juice and wine over fish. Sprinkle with salt, pepper and paprika. Cover top with Parmesan cheese. Return to oven for about 10 minutes more until fish flakes easily with fork.

Irene Sulkowski • Richmond, VA



Betty's Baked Trout

4–6 trout fillets (or your favorite fish)
salt and pepper
1 egg, beaten
½ C Parmesan cheese, grated
1 C crushed saltines
½ C melted butter

Place fillets snugly in the bottom of a 9 x 9" baking dish. Sprinkle with salt and pepper, to taste. Sprinkle with Parmesan cheese, then with cracker crumbs. Pour melted butter over all. Bake at 400° for 20–25 minutes.

Kathy Hannah • Richmond, VA

Boiled Shrimp

3 lbs fresh shrimp
1 bag shrimp/crab boiling seasoning
1 can warm beer
1 large pot of boiling water

Wash shrimp in cold water. Bring water, with seasonings added, to a full rolling boil. Add beer and shrimp; return to boil. Cook medium shrimp for 1 minute, large shrimp for 2 minutes. Shrimp are done when they turn pink. Drain immediately and chill. Serve the shrimp very cold in their shells with a cocktail sauce or shell them, removing the vein to use the shrimp in a hot dish.

Bill Brown • Charleston, SC

Crab Cakes

(Use claw crabmeat, regular, or backfin — smaller pieces hold cake together better than large)

- 1 lb crabmeat
- 1 egg, beaten
- 1 T Worcestershire sauce
- ¼ C chopped onions
- chopped green pepper to taste
- 1 T mayonnaise
- 1 t salt
- ⅛ t pepper
- ½ C bread crumbs (or crackers)
- 4–6 T butter

Mix all ingredients and form into cakes. (the smaller you make the cakes, the better they hold together)

Dip both sides in bread crumbs. Melt butter in skillet and cook crab cakes over medium heat until heated through and lightly browned. (I like this recipe because it *doesn't* have a lot of bread crumbs!)

Serves 2 to 4.

Carol Helton • Richmond, VA

Susan's Deviled Crab Delight

- 1 lb fresh white crab meat
- 2 eggs
- ¼ cup margarine
- ½ small bell pepper, chopped
- ½ small onion, diced
- 1 t or several shakes of Worcestershire sauce
- 1½ packs (4 packs to a box) saltines, crushed
- 2–3 large serving spoons of mayonnaise
- 1 t mustard
- 2–3 shakes Texas Pete hot sauce (optional)

Sauté onion, peppers in margarine. Beat eggs well, add crackers and crabmeat. Add Worcestershire sauce, sautéed vegetables and remaining ingredients; mix well. Put in individual shells (16–18) or put in 18 x 12 glass dish. Dot top with margarine. Bake at 350° for 15–20 minutes.

Serves 8.

Susan Mellichamp • Mt. Pleasant, SC

Sandy's Fish

- 4 T butter
- 2 T chopped onion
- 1 10-oz pkg fresh spinach
- 2 T flour
- 2 T fine bread crumbs
- ½ C shredded Swiss cheese
- 1 t salt
- ¼ t Tabasco
- 6 fish fillets
- 1 can cream of mushroom soup
- ¼ C white wine
- ½ C milk

Preheat oven to 375°. Lightly grease a shallow baking dish. Melt butter in a saucepan, add onion and spinach; cover and cook 5 minutes. Remove from heat and blend in flour and breadcrumbs. Place in the bottom of baking dish. In the same saucepan, blend together the soup, wine and milk; cook over medium heat until mixture bubbles. Remove from heat, stir in cheese, salt and Tabasco. Layer the fish fillets on top of the spinach, pour sauce over all. Dot with a little butter and bake 25–35 minutes, until fish flakes easily.

Kathy Hannah • Richmond, VA



Jimmy's Favorite Dinner

- 1 C macaroni
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 soup can of milk
- 1 12-oz can tuna, drained and crumbled
- ½ C crushed potato chips

Cook macaroni as package directs; drain. Combine soups and milk in a saucepan, warm over low heat, stirring. In a buttered 9 x 13 in. baking dish, layer the macaroni, tuna and soup mixture. Sprinkle with chips. Bake 350° for 30 minutes. Serve with crisp chips — children love to use them to scoop up this dinner.

Jeanne Sheppard • Richmond, VA

Oysters St. Pierre

1 pt oysters
1 T butter
1 T flour
1 C milk
2 egg yolks, beaten
½ onion, finely chopped
1 T finely chopped parsley
½ C chopped mushrooms
½ C chopped green pepper
½ t salt
½ t pepper
few grains cayenne
½ C dry bread crumbs
butter

Simmer the oysters in their liquor for 5 minutes (or until the edges begin to curl). Drain and chop.

Melt the butter in the top section of a double boiler, stir in the flour, then the milk, then the egg yolks. Mix well.

Add the seasonings, then the oysters. Cook for 2 minutes and transfer to a baking dish, sprinkle top with bread crumbs, dot with butter, and bake for 10 minutes (or until brown) in a preheated 375° oven.

Makes 4 servings as a first course.

Carol Helton • Richmond, VA

Oven Jambalaya

2½ C water
1½ C uncooked regular rice
1 can cream of celery soup
1 can cream of onion soup
1 10-oz can tomatoes and green chilies, undrained and chopped
1 lb smoked sausage, cut into ½" slices
1 lb fresh shrimp, peeled and deveined

Combine water, rice, soups and tomatoes and chilies. Place in lightly greased shallow 3 qt baking dish; cover and bake at 350° for 40 minutes. Stir in sausage and shrimp. Cover and bake an additional 20 minutes, or until rice is done. Serves 8.

Cathie Richardson • Norfolk, VA

Shrimp Salad Entree

5 qts water
 1 C celery leaves
 2 T salt
 ½ C pickling spice
 juice and rind of 2 lemons
 2 small onions, chopped
 5 lb shrimp*
 4 small onions, sliced
 14 bay leaves
 2½ C vegetable oil
 1½ C vinegar
 1 t salt
 1 T plus 2 t celery seeds
 ½ C plus 1 T capers, drained
 dash of hot sauce
 lettuce

Combine first 6 ingredients and bring to a boil. Add shrimp and cook 5 minutes. Drain well and rinse shrimp in cold water. Peel and devein. *Combine shrimp, sliced onion, and bay leaves in a large shallow dish. Combine next 6 ingredients, mixing well. Pour over shrimp; cover and chill 24 hours. Remove shrimp from marinade with a slotted spoon and serve on a bed of lettuce leaves. *If pushed for time, use steamed shrimp. Continue recipe at * point.

Kyle Clements • Richmond, VA

Richmond Hyatt House Fish Batter

courtesy Chef Tony Dawson

½ oz yeast
 ½ t sugar
 enough lukewarm water to dissolve yeast
 1½ C flour
 pinch of salt
 4 T oil

Mix together the yeast and sugar; stir in water to dissolve. Add remaining ingredients and whisk until "elastic", adding more warm water, if necessary. Place a wet cloth over the bowl and set aside in a warm place for 2–3 hours. Beat batter down; it should be the consistency of crepe batter. Correct if necessary with a little more water or a little more flour. Use hands to cover fish with batter. Remove excess batter from fish before dropping into hot fat to fry. Fry to a golden brown, 5 minutes or less.

Joy Fitchpatrick • Richmond, VA

Chesapeake Bay Crab

- 6 T butter
- ¼ C green pepper, chopped
- ½ C flour
- 1½ t Worcestershire sauce
- 1½ t dry mustard
- 1½ t salt
- ⅛ t paprika
- ⅛ t pepper
- 3 C milk
- ¼ C lemon juice
- 3 egg yolks
- 2 lbs Chesapeake Bay crab meat

Preheat oven to 350°. Grease a 2½ qt casserole. In a 12 in. skillet over medium heat in hot butter cook green pepper until tender, about 5 minutes. Stir in flour, mustard, salt, Worcestershire sauce, paprika and pepper until blended. Stir in milk slowly. Cook and continue to stir until mixture is thickened. Remove from heat and stir in lemon juice. In a small bowl, beat egg yolks slightly with a fork; pour egg into sauce, stirring rapidly. Continue to cook until thickened; fold in crabmeat. Pour entire mixture into casserole. Bake 1 hour until golden.

Maggie Yarborough • Tidewater, VA

Tuna Casserole

- 1 t salt
- 1 qt water
- 1 C uncooked noodles
- 1 T butter
- ½ C chopped onions
- 1 10.5-oz can cream of celery soup
- ½ C milk
- 1 6.5-oz. can tuna fish, drained and flaked
- ½ C cooked peas
- ½ t salt
- dash of pepper
- ½ C grated American cheese

Add 1 t salt to water, bring to boil. Add noodles, cook 5–7 minutes, until tender; drain. Melt butter in skillet over low heat, sauté onions until lightly browned. Add soup, milk, tuna, peas, salt and pepper. Gently stir in noodles. Pour all into greased baking dish and sprinkle with cheese. Bake at 350° for 25 minutes. Serves 4–6.

Debbie Rottweiler • Louisville, KY



Scallops In Wine Sauce

Power level: HIGH (100%) and MED (50%)

Total cooking time: 17–21 minutes

3 T butter
2 T breadcrumbs
½ t dried parsley
½ C mushrooms, sliced
2 T thinly sliced celery
1 T finely chopped onion
1 egg yolk
1 T flour
½ t salt
dash of paprika
⅓ C dry white wine
1 lb bay scallops
½ C heavy cream

Place butter in a 1½ qt casserole. Microwave on HIGH for 45 seconds–1 minute or until melted.

Mix together 2 T melted butter, breadcrumbs and parsley in a small bowl. Set aside. Add mushrooms, celery, onion to remaining butter. Microwave on HIGH for 3–4 minutes or until tender. Stir halfway through cooking.

Stir in flour, salt and paprika. Slowly add wine, mixing until smooth. Add scallops. Cover with a tight fitting lid or plastic wrap. Microwave on MED for 8–10 minutes. Stir occasionally during cooking.

Combine cream and egg yolk. Pour over hot scallops. sprinkle top with bread crumbs. Microwave for 5–6 minutes. Serves 3 to 4.

Lynn Walker • Charleston, SC

How To Enjoy Fondue

directly from Switzerland

Everyone eats directly from the "Caquelon" (fondue pot). The heat source must be regulated so that the Fondue just simmers gently. Spear a cube of bread through the crust so that it holds firmly. Stir the piece of bread in the Fondue until it is entirely covered with cheese. Stirring is the first rule; it keeps the Fondue smooth and creamy to the end.

what to drink and eat with Fondue

White wine or hot tea is the most suitable drink. "Coup du milieu" (half-way drink) is the expert's term for a small glass of Kirsch taken during the Fondue. Fondue is a main course in itself. If you must have an hors d'oeuvre, restrict it to a little dried beef. For dessert; a fresh fruit salad or a light cake with coffee.

how to be a master Fondue cook

Rub the inside of the Fondue pot with the cut side of a garlic clove. For four people:

7 oz Swiss Emmental cheese, finely grated

14 oz Swiss Gruyere cheese, grated

4 t cornstarch

1 C dry, sparkling white wine

1 t lemon juice

Put cheeses and cornstarch in a saucepan, stir in liquids. Cook the Fondue over medium heat, stirring constantly until the cheese melts and the mixture is smooth and creamy. When the Fondue is ready to be served, add ¼ C Kirsch, a pinch of pepper and a pinch of nutmeg, heat to blend. Transfer the Fondue to a spirit stove (sterno) on the table for everyone to partake.

Marlene Rivas • Richmond, VA



Egg Casserole

2 C croutons

4 oz cheddar cheese, grated

4 eggs

2 C milk

salt and pepper to taste

Bacon bits, onions, ham, mushrooms (optional)

In a greased casserole put the croutons. Sprinkle grated cheese over the top. Mix together eggs, milk, salt and pepper, and any optional ingredients. Pour over the cheese. Bake at 325° for 40 to 45 minutes, or until brown.

Dianne Lawson • Tidewater, VA

Quiche Lorraine

1 9-inch deep pie pan, lined with pie pastry
 12 slices bacon, fried and crumbled
 ½ lb sausage, cooked and crumbled
 2 oz shredded cheddar cheese
 4 oz shredded Swiss cheese
 ⅓ C sliced mushrooms
 ⅓ C chopped bell pepper
 4 eggs
 ¾ C whipping cream
 ¾ t salt
 ¼ t pepper
 ⅓ C chopped onion

Preheat oven to 425°. Sprinkle meat, cheeses, onion, pepper, and mushrooms in the pastry lined pan. Beat remaining ingredients lightly. Pour mixture into dish. Bake for 15 minutes. Reduce heat to 300° and bake 30 minutes longer. Cool for 10 minutes before serving.

Serves 4.

Carol Hutton • Chattanooga, TN



Crustless Spinach Quiche

wonderful for dieters or make-ahead luncheons

1 10 oz pkg chopped, frozen spinach
 ½ C onions, finely chopped
 1 T minced garlic
 ½ t nutmeg
 ¼ t white pepper
 6 eggs, well beaten
 1 C shredded Swiss or cheddar cheese (or a combination of both)

Cook spinach as directed and drain. In a large bowl, add beaten eggs to cooled spinach. Add remaining ingredients and mix well. Pour into greased quiche pan (or triple recipe and pour into a 9 × 13 in. glass dish). If desired, top with crushed wheat crackers or almonds. Bake at 350° for 45 minutes to an hour until knife inserted at center comes out clean. Serve with sliced fruit and bran muffins. Also may be cut into small squares to serve as appetizers.

*May be frozen before baking to serve at a later date.

Babs Cohen • Greensboro, SC



Casserole Chile Rellenos

- ½ C butter or margarine
- 1 7-oz can green chiles
- 1 lb cheddar or jack cheese, grated
- 3 eggs
- ¾ t salt
- 2 C milk
- 1 C biscuit mix

Melt butter in a 13 × 9 baking dish. Arrange chiles in a layer over the bottom of the dish. Cover with cheese. Blend together eggs, salt, milk, and biscuit mix. Pour mixture over cheese. Bake at 350° for 35–40 minutes, or until golden brown.

Serves 6–8.

Irene Monarrez • Los Angeles, CA

Dad's Special Eggs

- 2 T butter
- 7 eggs, slightly beaten
- ⅓ C Carl Buddig smoked, sliced beef, chopped
- 1 t marjoram
- salt and white pepper to taste
- 1¼ C grated sharp cheddar cheese
- 1 T minced fresh parsley (optional)
- 1 T minced fresh chives (optional)

Preheat oven to 350°. Melt butter in a large frying pan. Whisk together the eggs, chopped beef and seasonings; scramble until just partially set. Place scrambled egg mixture in a greased casserole dish; sprinkle with cheese. Put in oven for 10 minutes or until cheese has melted. (Or use microwave for this last step; cover casserole, cook on HIGH power for 2 minutes). Serves 4.

Tom Hannah • Richmond, VA

24 Hour Wine and Cheese Omelet

1 lg French or Italian bread, broken into small pieces.
 6 T unsalted butter, melted
 ¾ lb Swiss cheese, shredded
 ½ lb Monterey Jack cheese, shredded
 9 thin slices genoa salami, coarsely chopped
 16 eggs
 ¾ C milk
 ½ C dry white wine
 ⅛ t ground red pepper
 4 lg green onions, minced
 1 t Dusseldorf German mustard
 ¼ t fresh ground black pepper

Topping

1¼ C sour cream
 2¼ C freshly grated Parmesan cheese

Butter 2 shallow 3 qt (9 × 13) baking dishes. Spread bread over the bottom and drizzle with butter. Sprinkle with cheeses and salami.

Beat together eggs, milk, wine, green onions, mustard, peppers until foamy. Pour over cheese and bread. Cover the foil, crimping edges. Refrigerate overnight or up to 24 hours.

Remove from refrigerator about 30 minutes before baking. Preheat oven to 325°. Bake, covered, for approximately 1 hour, or until set. Uncover, and bake until crusty — about 15 minutes more.

Serves 16.

Toby Pasternak • Richmond, VA



Brunch Eggs

6 eggs, beaten
 1 pt sour cream
 8 oz cheddar cheese, grated
 8 oz jack cheese, grated
 1 small can diced green chili peppers

Fold sour cream into beaten eggs. Mix in the cheeses and chili peppers. Pour into a 9 x 9 x 1" buttered dish. Bake at 350° for 1 hr. Serve with hot salsa.

Marlene Rivas • Richmond, VA

Vegetarian Casserole

- ¼–½ C butter
- ½–1 lb fresh, sliced mushrooms
- 1 large onion, finely chopped
- juice of 1 lemon
- 1 large head cauliflower, broken into florets
- 2 cloves garlic, minced
- ½ t basil
- salt and pepper to taste
- 3 C cooked brown or white rice
- 2 C grated cheese, (your favorite)

Melt butter in a large skillet, add lemon juice. Sauté mushrooms and onion. Remove from pan. In same skillet sauté garlic with the cauliflower, basil, salt and pepper. Combine all ingredients in a large casserole dish; bake at 350° for 30 minutes.

Serves 5–6.

Nancy Pereira • Scarsdale, NY

Vegetarian Stuffed Peppers

- 4 large green peppers
- 2 C cooked brown or white rice
- 1 medium zucchini, chopped
- ½ lb sliced mushrooms
- 1 small onion, chopped
- ¼ t garlic salt
- ¼ t seasoned salt
- pepper to taste
- 2 T butter
- 1 8-oz can tomato sauce
- 2 C grated cheddar cheese

Cut off tops and remove seeds from peppers. In boiling water, parboil peppers for 5 minutes; drain and cool. Sauté onion and mushrooms in butter; add zucchini and sauté 2 minutes more. Add tomato sauce and heat through. Remove from heat and add cheese, mix well. Place peppers into a casserole snug enough to keep them upright. Add rice to vegetable–cheese mixture. Fill each pepper. Bake 30 minutes at 350°.

Serves 4.

Kathy Hannah • Richmond, VA

Chile Relleno Casserole

3 medium cans whole green chiles
1 13-oz can evaporated milk
12 oz cheddar cheese
12 oz jack cheese
 $\frac{1}{2}$ – $\frac{3}{4}$ C Heinz chile sauce
3 T flour
3 eggs

Put a layer of chiles on the bottom of a baking dish. Cover with half of the cheddar cheese . . . Repeat. Cover with the jack cheese. Mix together the eggs, milk, and flour. Pour over the cheese and chile mixture. Bake for 30 minutes in a 350° oven. Remove and pour chile sauce over all. Bake for 10 more minutes.

Larane Nesbitt • Newbury Park, CA

Cooks' Quips

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Use a cheese grater to “chop” hard-cooked eggs for use in egg salad, sandwiches, salads, etc.

When cooking eggs, it helps prevent cracking if you wet the shells in cold water before placing them in boiling water. Or, trying adding a teaspoon of salt to the water.

Add a little vinegar to the water if an egg does crack during boiling, as it will help seal the egg.

—Notes—



Added Values

SEASONINGS

Herbs and Spices add life to your cooking. Season with a light hand, to *enhance* the flavor of a dish, not overwhelm it. Recipes only suggest the right amount as seasonings and individual tastes vary greatly

Allspice — pea-sized dried fruit with a flavor which resembles a blend of cinnamon, cloves and nutmeg. Use whole for pickles, braising meats or fish. Use ground for puddings, relishes, fruit preserves, baking.

Anise — seeds with a subtle licorice taste. Use in cookies, pickles.

Basil — a member of the mint family with a clovelike flavor. Use with eggs, fish, meat loaf, stews and chowders, peas, summer squash and potatoes. Especially good with tomato dishes and tomato sauce.

Bay Leaf — aromatic green leaf of the laurel tree. Use in soups, stews and sauces. Break leaf in half before adding to release aroma; discard after cooking is completed

Capers — pickled buds of the caper bush; piquant. Use in tartar sauce, with fish, in salads.

Caraway — seed that combines flavors of anise and dill. Use in breads, sauerkraut, noodles, cheese spreads, asparagus. Crush seeds before adding to vegetables or salads to release flavor

Chervil — member of the parsley family with a milder, more delicate flavor. Use with egg and cheese dishes, chicken, peas, spinach, green salads, cottage cheese, cream soups

Curry — a blend of turmeric, garlic, pepper, ginger and a number of other strong spices. Curry blends are used in Indian cooking but can also be used to flavor eggs, soups, chicken, rice, lamb and salad dressings.

Dill — both the seed and the leaf can be used in pickling, with sour cream, fish, lamb, new potatoes. Use leaves also as garnish

Fennel — vigorous, slightly licorice taste in both seeds and leaves. Use for fish, lentils, rice, potatoes and Italian cooking.

Mace — the dried covering around the nutmeg seed with a taste similar to nutmeg. Use in pound cake, cherry pie, chocolate desserts and fish

Marjoram — a member of the mint family with a slightly sweet taste. Use in soups, stews, eggs, sauces, fish, lamb, pork, chicken, green beans

Oregano — similar to marjoram but with a slightly more aromatic and pungent taste. Especially good with tomato dishes, pizza, vegetable and fresh salads. The most popular herb in Italian cookery.

Paprika — dried and ground shell of a sweet, red pepper. Slightly aromatic with a brilliant red color. Use as a garnish for pale foods. Do *not* use in dishes which contain pepper as the pepper overwhelms the paprika flavor

Poppy — seeds from the poppy flower. Has a crunchy, nut-like flavor. Use as a topping for breads, rolls and cookies, in cakes and on buttered noodles

Rosemary — like a curved pine needle with a sweet, fresh taste. Use with lamb, in soups and stews or sprinkled on potatoes before pan roasting.

Saffron — pungent, golden orange and the most expensive of all spices. Use *very* sparingly as too much can leave a "medicinal" taste. Use to flavor rice or in sauces or in breads

Sage — dried leaf whose flavor is a bit like camphor and mint. One of the most popular herbs for stuffings, sausages, meat loaves, stews.

Savory — similar to sage but with a more delicate flavor. Use in omelets and salads and on green beans.

Tarragon — very pungent. Use it with restraint with eggs, chicken and veal. Add young sprigs to salads or use in dressings

Thyme — Popular in French cooking, it has a strong, distinctive flavor. Use for poultry seasoning, fish, chowders, meat pies. Good with chicken and turkey. Use fresh on salads or sliced tomatoes.

Turmeric — a root of the ginger family, with a mild ginger-pepper flavor. Used as a flavoring in prepared mustard, as an ingredient in curries and some pickles. Can be used in place of saffron when used for color. Leaves a hot feeling in the mouth.

Arroz Caldo (Chicken-Rice Soup)

- 2 lb chicken, cut up
- ½" ginger root cut into thin strips
- 2 T oil
- 2 cloves garlic, minced
- 1 medium onion, sliced
- 2 T salt
- ⅛ t pepper
- ½ t MSG
- ½ C rice, washed and drained
- 6 cups hot water
- 2 stalks green onions, minced
- 1 t fried garlic chips (optional)

Wash chicken and dry with paper towel.

In a big (3 quart) saucepan, heat oil, sauté garlic until brown. Add onions and ginger and sauté 3 minutes more.

Add chicken, salt, MSG and salt. Sauté until chicken is light brown. Add rice, cook stirring for 3-5 minutes.

Add water and bring to boil. Lower heat and cook covered for 30 minutes or until the chicken is tender. Add a dash of pepper to taste.

Remove from heat and garnish with green onions and toasted garlic chips if desired.

VARIATION: 2 potatoes, pared and quartered may be added with the rice if desired. Serves 6.

Jessica Viado • Los Angeles, CA

Cream Noodle Soup

- 1 8-oz pkg of egg noodles
- 1 can cream of chicken soup
- 1 can cream of celery soup
- ½ C water
- ¼ C milk
- 1 2½-oz jar whole mushrooms
- 1 C sweet peas and diced carrots

Boil noodles. In skillet combine the soups with the water and the milk. Blend in peas and carrots and mushrooms. Add the cooked egg noodles. Makes 5 servings.

Antoinette Martinez Paez • Los Angeles, CA

Bratton's Boston Clam Chowder

- 2 6½-oz cans diced clams (¾ lb)
- 1 C onions chopped fine
- 1 C celery chopped fine
- 2 C potatoes diced
- ½ t sugar
- dash of white pepper
- 1½ t salt
- ¾ butter
- 1 qt half and half
- ¾ C flour

Drain juice from clams and pour clams over vegetables in medium sauce pan. Add enough water to barely cover and simmer. Cook over medium heat until potatoes are tender (about 20 minutes). Add sugar and salt and pepper. In separate pan melt butter. Add flour and blend and cook for a minute. Slowly add cream stirring constantly until smooth and thick. It helps to use a wire whisk to aid blending. Add undrained vegetables and clams. Heat through being careful not to let it boil. Serves 6.

Teresa Billings • Oxnard, CA

Gazpacho

- 1 C finely chopped, peeled tomatoes
- ½ C finely chopped green sweet peppers
- ½ C finely chopped celery
- ½ C finely chopped cucumber
- ¼ C minced onion
- 2 t chopped parsley
- 1 t chopped chives
- ¼ t pepper
- 2 C tomato juice
- 1 small clove of pressed garlic
- 2 T tarragon vinegar
- 2 T olive oil
- 1 t salt
- ½ tsp Worcestershire sauce

Combine all ingredients in a glass bowl and blend well. Cover tightly and refrigerate for at least 4 hours. Serve in chilled cups with fried croutons. (You may liquify in blender if desired)

Serves 6

Joan Rexinger • Richmond, VA

Broccoli-Cheese Soup

½ lb fresh broccoli, chopped
 1 ¾ C lightly salted boiling water
 2 T minced onion
 ¼ C butter, melted
 3 T flour
 3½ C evaporated milk
 4 C non-fat milk (skim)
 3¼ C shredded cheddar cheese
 salt and pepper

Cook broccoli, covered, in salted water until tender, about 10 minutes; drain. Sauté onion in butter until tender but not brown. Blend in flour. Add milks; cook, stirring, until mixture is smooth and thickened. Add cheese and broccoli; season to taste with salt and pepper. Stir until cheese is melted. Heat soup through but do not let boil.

Marlene Rivas • Richmond, VA

Winter Tomato Soup

½ C chopped celery
 2 T butter or fresh bacon drippings
 1 16-oz can stewed tomatoes
 1 10.5-oz can condensed consomme
 ½ C dry white wine
 3 T chopped green onion
 1 T lemon juice
 1 T cornstarch, blended with ½ C water
 dash curry powder, to taste
 cheese croutons (optional)

Sauté the celery in butter or bacon drippings until soft, about 5 minutes, over medium heat. Add tomatoes, consomme, wine, onion, lemon juice and cornstarch mixture; blend well. Add curry powder. Simmer 15-20 minutes, stirring occasionally. Garnish with cheese croutons, if desired. Makes 6 servings.

Kathy Hannah • Richmond, VA

Gazpacho

- 1 cucumber, peeled, seeded and diced
- 1 med. white onion, minced
- 1 or 2 avocados, peeled and diced
- 4 C V-8
- 3 T olive oil
- 3 T red wine vinegar
- ½ t oregano
- lime slices

In a large bowl combine the cucumber and onion. Add avocado and toss gently. Combine V-8, oil, vinegar and oregano mixing well. Pour over vegetables. Gently stir until well mixed. Chill thoroughly. Serve in chilled soup bowls and garnish with lime slices.

Paulette Greentree • Richmond, VA

Rice and Potato Soup

- 3 large potatoes, sliced thin
- 4 T chopped celery
- 1 onion, finely diced
- 1 clove garlic, minced
- salt and pepper to taste
- ¼ C minced parsley
- 1½ T grated cheese
- ½ C rice, uncooked
- 1 T oil
- 4 C water

Put all but rice into a saucepot. Bring to a boil and let cook 5 minutes; add rice. Reduce heat to low, cover pot and continue cooking for 20 minutes or until rice is done.

Lisa Schaefer • Huntington Station, NY

Cheese Soup

- ½ small onion, chopped
- 2 small stalks celery, chopped
- 2 small carrots, finely chopped
- ¾ stick margarine
- 2 T flour
- 3 C half & half
- dash or 2 Tabasco
- 2 C grated sharp cheddar cheese

Sauté vegetables in margarine until onion is soft. Sprinkle with flour, stir. Slowly add half & half, stirring. Add hot sauce and cheese. Cook over low heat until all is blended and heated through, stirring frequently.

Marlene Rivas • Richmond, VA

Fish Stew Provencale

- 1 large onion, chopped
- ½ C chopped celery, including leaves
- 1 large clove of garlic, crushed
- 2 T butter
- 2 16-oz cans Italian-style tomatoes, drained and chopped
- 1 C dry white wine
- ½ C fresh parsley, minced
- 1 t salt
- ¼ t pepper
- ½ t thyme
- 1 lb fish fillets, cut in 1" cubes

Sauté onion, celery and garlic in butter until tender. Stir in tomatoes, wine and spices. Cover and simmer 30 minutes. Add fish and simmer until fish flakes, about 10 minutes.

**This dish is even better the next day.*

Paulette Greentree • Richmond, VA

Chilled Avocado Soup

refreshing summertime fare

2 medium avocados, peeled and seeded
2 T lime juice
4 C chicken stock (fresh and canned)
salt and pepper to taste
1 T green chili salsa
1 C plain yogurt
paprika to garnish

Chop avocado into medium chunks. Process in batches in a blender adding remaining ingredients in batches, as well, until all ingredients are blended. Chill at least 1 hour. Reblend just before serving. Garnish with paprika.

Kathy Hannah • Richmond, VA

Gazpacho

3 cups finely chopped tomatoes
½ C each: green peppers, celery, cucumbers, all finely chopped
¼ C chopped onion
2 t parsley
1 t chives
1 small clove garlic
2 or 3 T tarragon wine vinegar
2 T olive oil
1 t salt
¼ t pepper
½ t Worcestershire sauce

Combine all ingredients in glass bowl. Chill. This is a good recipe to use in the summer when tomatoes are plentiful.

Lisa Peake • Asheville, NC

Cheesy Sausage Pitas

1 lb Velveeta cheese, cubed
1 lb ground beef
1 lb bulk pork sausage
pita bread

Brown sausage and beef in a frying pan. Drain off fat. Stir in cheese over low heat until cheese melts and is evenly distributed. Fill each bread pocket with mixture — serve as hot sandwich.

Anita McLanahan • Greensboro, NC

Mushroom Muffin

great lunch sandwich

Top a toasted English muffin with
 1 slice turkey
 1 slice ham
 1 thin slice of tomato
 ½ C cheese sauce
 chopped mushrooms

Put under the broiler for a few minutes, watching carefully.

Marlene Rivas • Richmond, VA

Picnic Meat Pies

a great take-along sandwich

¾ lb chicken breast
 ½ lb bulk pork sausage
 1 medium onion, chopped
 1 large clove garlic, minced
 ⅓ C sour cream, mixed with 1 t flour
 1 7-oz can diced chilies, drained
 1 C shredded cheddar cheese
 3 C Bisquick
 ⅔ C water
 1 egg yolk mixed with 1 T water

Place chicken in enough water to cover, bring to boil. Reduce heat, simmer 15 minutes. Cool, skin, bone and shred meat. Set aside. Brown sausage, add onion and garlic; cook until onion is limp. Remove from heat, stir in chicken, sour cream, chilies and cheese. (Cover and chill if making ahead).

Stir together Bisquick and ⅔ C water to make a soft dough. Divide into thirds. Roll ⅓ at a time on lightly floured board to make a 10" square-cut into 4 equal 5" squares. Place ¼ C filling on each; fold corner to corner to form a triangle. Roll and pinch edges to seal. Continue with remaining dough and filling. Place pies 1" apart on lightly greased baking sheet. Make several slashes in top of each and brush tops with egg yolk mixture. Bake 20 minutes at 350° until golden; cool slightly on racks. Serve warm or at room temperature. These freeze well and can easily be reheated (bake frozen, cooked sandwiches at 350° for 15-20 minutes; loosely cover with foil if concerned about over browning.) Makes 12 sandwiches.

Kathy Hannah • Richmond, VA

Gopher Sandwiches

1-2 lbs ground beef
1 medium can tomato sauce
1 small can tomato paste
1 pkg sour dough rolls (scooped out)
1 t oregano
1 onion, diced fine
1 small jar green olives
1 t garlic powder
seasoned salt to taste
1½ C sharp cheddar cheese grated
1½ C Monterey Jack grated
pepper to taste

In large skillet, brown beef in olive oil. Drain fat. Add to beef, tomato sauce, paste, olives, onions, oregano, garlic, salt and pepper. Stir well. Simmer for 20 minutes. Add cheeses, stir until well blended. Spoon meat mixture into halved scooped out roll. Place top on roll. Serve as hot sandwich. To freeze: Wrap cooked sandwich in foil separately. Freeze. Reheat in oven at 325° for 20-25 minutes.

Serves 8-10

Sue Tolley • Los Angeles, CA



Portuguese Bend California Sandwiches

2-3 lbs chicken breasts, boned
2 pkg Stouffers Welsh Rarebit
1 large pkg English muffins
1 lb bacon
seasoned salt to taste
pepper to taste

In large dutch oven or pot, boil chicken until done, about 35-45 minutes. Skin breasts. (Reserve liquid for later use as soup stock) Shred meat. Set aside. In microwave, place rarebit in large covered casserole, Heat on DEFROST or "5" until hot and bubbly. Set aside. Cook bacon until crisp. Slice muffins in half, toast and butter. Place chicken on hot muffin, spoon hot rarebit over chicken. Top with criss cross of 2 strips of bacon per muffin half. Serve hot!

Serves 4-6

Russ Arden • Richmond, VA

Pizza

- 2 1-lb loaves frozen bread dough
- 1 15.5-oz can Hunt's Manwich sauce
- 1/4 C grated Parmesan cheese
- 2 t Italian herb seasoning
- 1/2 t oregano
- 1/2 t garlic powder
- 1 4-oz pkg sliced pepperoni
- 1 bell pepper, cut in thin strips
- 1 2.25-oz can sliced ripe olives
- 3 C shredded mozzarella cheese

Thaw loaves of bread dough according to package directions. Roll out each loaf on a lightly floured surface to fit a 15" pizza pan. Combine Manwich sauce, Parmesan cheese and seasonings; mix well. Use half the sauce mixture to coat entire surface of each pizza and arrange on each half the pepperoni, green pepper and ripe olives. Sprinkle each with half the mozzarella. Bake at 450° for 12-15 minutes. Makes 2 15-inch pizzas.

Cheryl O. Woods • Los Angeles, CA

Cooks' Quips

When serving hot tomato soup to your children use a favorite cookie cutter to cut out the shape from a slice of cheese. Float the cheese cut-out on the hot soup. Children will love it and it is delicious.

Hazel Jenkins • Richmond, VA

Add wine to your favorite soups for a great flavor.
Grated potato may be used to thicken soups or stews.

Marlene Rivas • Richmond, VA

When making tuna for sandwiches, add a teaspoon of ketchup to remove the "fishy" taste."

Michelle and Jean • Los Angeles, CA

P's Pasta Salad

- 1 8-oz box macaroni shells
- 3 tomatoes
- 1 6-oz jar marinated artichoke hearts
- 3 stalks celery
- basil, oregano, marjoram

Cook macaroni according to package. Drain. Drain artichokes, reserving marinade. Chop celery, tomatoes and artichokes. Combine shells, celery, artichoke hearts and reserved marinade. Season with the oregano, marjoram and basil to taste; toss. Add chopped tomatoes. Chill overnight.

Chris and Lisa Rogers • Richmond, VA

Cabbage and Apple Salad

- 1 small head cabbage
- $\frac{3}{4}$ C raisins
- $\frac{1}{2}$ C chopped walnuts
- 2 apples, chopped
- mayonnaise or salad dressing to taste

Discard outer leaves of cabbage and cut into quarters. Let stand in ice water until crisp. Drain and chop. Mix with apples, raisins, nuts, and just enough mayonnaise to bind the mixture. Serve on lettuce leaves.

Linda Wilson • Atlanta, GA

Macaroni Salad

- 8 oz macaroni
- 1 cucumber, peeled and sliced
- 1 tomato, cut into quarters
- 1 medium onion, chopped
- 1 t salt
- $\frac{1}{2}$ t pepper
- mayonnaise to taste

Cook macaroni according to package instructions. Drain, run under cold water, and drain again. Add all other ingredients to the macaroni. Add mayonnaise to taste.

This should be refrigerated overnight. Adjust seasonings before serving.

Andi Shapiro • Richmond, VA

Antipasto Salad

- ½ lb spaghetti
- 2 green peppers
- 3 tomatoes
- 1 cucumber
- 3 oz Salad Supreme seasoning
- 8 oz Italian salad dressing

Cook spaghetti according to package instructions. Drain. Run under cold water and drain again.

Cut vegetables in bite-sized pieces. Mix with Salad Supreme and dressing. Refrigerate overnight to marinate.

Lisa Mattie • Richmond, VA

Italian-Style Pasta Salad

- 4 oz vermicelli
- 1 6-oz jar marinated artichoke hearts
- ½ small zucchini, sliced
- 1 carrot, shredded
- 2 oz sliced salami, cut in strips
- 1 C shredded mozzarella cheese
- 2 T salad oil
- 2 T white wine vinegar
- ¾ t dry mustard
- ½ t dried oregano, crushed
- ½ t dried basil, crushed
- ½ clove garlic, crushed
- ¼ C grated Parmesan cheese

Break pasta in half. Cook pasta according to package directions; drain and set aside. Drain artichokes, reserving marinade; coarsely chop artichoke hearts. Halve the zucchini slices. In a large bowl combine the cooked pasta, artichokes, zucchini, carrot, salami, mozzarella cheese, and Parmesan cheese. In a screw-top jar combine the reserved marinade, salad oil, vinegar, mustard, oregano, basil, and garlic; shake well. Pour dressing over pasta mixture; toss to coat evenly. Transfer salad to a covered container; chill several hours. Makes 8 to 10 servings.

Rhonda Brant • Washington, D.C.

Cucumber Salad

- 4 cucumbers
- 1 medium size sweet spanish onion
- 1 C sugar
- 1 C water
- $\frac{1}{2}$ C cider vinegar
- $\frac{1}{2}$ C oil
- 1 T celery seed

Pare cucumbers and slice thinly. Thinly slice onion. Put cucumbers and onion in iced, salted water. Let stand for 1 or 2 hours. Combine sugar and 1 C water in a saucepan. Simmer until sugar is dissolved. Cool completely. Add remaining ingredients. Pour dressing over drained cucumber/onion mixture.

Pam Marshall • Midlothian, VA

Layered Salad

- 1 medium head lettuce, cut into small pieces
- 1 bunch scallions, chopped
- 1 C sliced water chestnuts
- $\frac{1}{2}$ green pepper, chopped
- 2 stalks celery, chopped
- 1 10-oz pkg frozen baby peas
- 2 C Hellman's mayonnaise
- 2 t sugar
- $\frac{1}{2}$ C grated parmesan cheese
- $\frac{1}{4}$ t ground garlic
- $\frac{3}{4}$ lb crisply fried bacon, well drained
- 3 hard cooked eggs, quartered
- 2 tomatoes quartered

Layer the first 6 ingredients in a dish in the order shown.

Mix together the mayonnaise, sugar, parmesan cheese, and garlic. Spread over the layered vegetables. Cover with the crumbled bacon. Alternate eggs and tomatoes on the top.

Cover and chill for 24 hours.

Serves 10-12.

Thelma Shapiro • Richmond, VA

Tomato Refresher Salad

2 small green peppers, diced
 ⅔ C diced celery
 2 sm onions, diced
 1 T salt
 ¼ t pepper
 ¼ C vinegar
 ¼ C sugar
 1 C cold water
 6 medium tomatoes, sliced

Combine all ingredients, except tomatoes. Pour dressing over tomatoes, cover, and refrigerate 3-4 hours, or overnight. Remove from marinade with slotted spoon.

Serves 8.

This recipe goes nicely with shrimp salad and a vegetable. It makes an excellent prepare-ahead meal.

Kyle Clements • Richmond, VA

Vegetable Salad

1 8.5-oz can LeSuer peas
 1 medium head lettuce
 ½ green pepper, chopped
 1 bunch green onions, chopped
 2 stalks celery, chopped
 1 large carrot
 ½ large cucumber, chopped
 1 C mayonnaise
 1 C sour cream
 1½ T sugar

Place ½ lettuce on the bottom of an oblong serving bowl. Layer the rest of the vegetables. Top with remaining lettuce.

Mix together the mayonnaise, sour cream, and sugar. Spread over the salad. Refrigerate overnight. When ready to serve, garnish with bacon bits, grated cheddar cheese, and chopped tomatoes.

Serves 6.

Leanne A. Sullivan • Nashville, TN

Caesar Salad

- 2 heads romaine lettuce
- 1 clove garlic, cut in half
- 1 lb bacon, cooked crisp
- $\frac{1}{3}$ C grated Parmesan cheese
- Caesar Salad Dressing
- 2 T minced parsley
- 1 can anchovies (optional)
- 4 eggs hard-boiled, chilled and chopped

Wash and dry lettuce well. Tear into bite size pieces. Rub wooden salad bowl with garlic, place lettuce in bowl, add half the dressing and toss well. Top with bacon, cheese, parsley and anchovies. Pour on remaining dressing, garnish with chopped egg and serve.

Caesar Salad Dressing

- 1 t Krazy Mixed-Up Salt or salt and pepper to taste
- $\frac{1}{4}$ t dry mustard
- 1 t Dijon mustard
- $\frac{1}{2}$ individual pkg of Sugar Twin
- Juice from $\frac{1}{2}$ lemon (about 1 t)
- 2 T tarragon vinegar
- 2 T olive oil
- 4 T vegetable oil
- 1 egg
- 1 t garlic powder

Mix all ingredients well, and pour over salad.

Serves 8.

Sherri Arden • Richmond, VA

Mandarin Orange Salad

- 1 lb cottage cheese
- 1 8-oz can crushed pineapple
- 1 3-oz pkg orange jello
- 2 small cans mandarin orange sections
- 1 pt Cool Whip

Drain oranges and pineapple. Combine oranges, pineapple, and cottage cheese. Sprinkle in jello, and fold in Cool Whip. Refrigerate.

Diane Lawson • Tidewater, VA

Vegetables Italian Zesty

- 1 head cauliflower, cut into florets
- 1 bunch broccoli, cut into small florets
- 1 lb fresh mushrooms, sliced
- 1 bunch green spring onions, sliced
- 1 bunch radishes, sliced
- 2 carrots, grated
- 2 carrots, thinly sliced
- 1 large green pepper, sliced in strips
- 1 large cucumber, thinly sliced
- 1 8-oz bottle Kraft Zesty Italian dressing

Put all sliced vegetables, except cucumber into iced water for 30 minutes to crisp. Drain well and add cucumber. Add dressing and toss. Marinate overnight before serving.

Gloria Bunting • Tidewater, VA

Taos Salad Toss

- 2 C shredded lettuce
- 1 15-oz can dark red kidney beans, drained
- 2 medium tomatoes, chopped and drained
- 1 T chopped canned green chilies
- ½ C sliced ripe olives
- 1 large avocado, mashed
- ½ C dairy sour cream
- 2 T Italian salad dressing
- 1 t instant minced onion
- ¾ t chili powder
- ¼ t salt
- ½ C shredded sharp cheddar cheese
- ½ C coarsely crushed corn chips

Combine lettuce, beans, tomatoes, chilies, and olives in a salad bowl. Blend together avocado and sour cream; add Italian dressing, onion, chili powder, salt, and dash pepper. Mix well and chill separately.

Season salad with salt and pepper to taste. Toss with avocado dressing. Top with cheese and corn chips.

Yield: 4-6 servings.

Dorothy Bernstein • Jericho, NY

Fire and Ice Tomatoes

6 medium tomatoes, peeled and quartered
1 green pepper, cut into thin strips
1 onion, thinly sliced, separated into rings
1 large peeled cucumber, sliced
 $\frac{3}{4}$ C vinegar
 $1\frac{1}{2}$ t celery seed
 $1\frac{1}{2}$ t prepared mustard
 $\frac{1}{2}$ t salt
 $4\frac{1}{2}$ T sugar

Boil together for 1 minute, the vinegar, celery seed, mustard, salt and sugar. Toss together the tomatoes, green pepper and onion; pour hot dressing over all. Let stand until cool, then add cucumber. Chill at least 1 hour before serving. Serves 6.

Kathy Hannah • Richmond, VA

Pineapple-Nut Chicken Salad

$1\frac{1}{2}$ C chopped cooked chicken
 $\frac{1}{2}$ C chopped celery
2 hard cooked eggs, chopped
 $\frac{1}{4}$ C chopped almonds, toasted
 $\frac{1}{4}$ - $\frac{1}{3}$ C mayonnaise
 $\frac{1}{2}$ t salt
 $\frac{1}{8}$ t pepper
 $1\frac{1}{2}$ t lemon juice
1 15½-oz can sliced pineapple, drained
lettuce leaves
 $\frac{1}{4}$ C cooked crumbled bacon

Combine the first 8 ingredients and toss gently. Arrange 6 pineapple slices on lettuce leaves. Spoon chicken salad over pineapple slices. Sprinkle with bacon.

Serves 6.

R. Castelow • Hickory Hollow, TN

Shrimp In Marinated Artichoke Bottoms

- 1 C French Vinaigrette*
- 1 8-oz can artichoke bottoms, rinsed
- 1 4½-oz can deveined shrimp, tiny pieces (½" long) OR
¼ lb cooked bay shrimp
- ½ t lemon pepper
- ¼ t garlic salt
- 1½ T minced celery
- 1 T minced parsley
- 3 T mayonnaise
- chopped fresh dill weed

Pour French Vinaigrette over artichoke bottoms in bowl; marinate in refrigerator for 1-2 hours. Drain artichokes and arrange on serving tray. Meanwhile, combine remaining ingredients; except dill. Spoon shrimp mixture into artichoke bottoms; sprinkle with chopped dill. Refrigerate before serving.

Serves 6.

French Vinaigrette

- ¼ C red wine vinegar
- 1 T water
- 1 T lemon juice
- 1 t sugar
- ½ t basil
- ½ t seasoned pepper
- ⅔ C salad oil
- ¼ t paprika
- ¼ t dry mustard
- ¼ t tarragon
- ¼ t celery seed
- ¼ t seasoned salt
- ¼ t garlic salt

Combine all ingredients, except oil, blend thoroughly. Add oil and blend thoroughly again. For best flavor, refrigerate several hours before use. Makes 1 cup.

Sherri Arden • Richmond, VA

Mandarin Salad

- ¼ C sliced almonds
- 1 T plus 1 t sugar
- ¼ head lettuce, torn in bite size pieces
- ¼ bunch romaine, torn in bite size pieces
- 2 medium stalks celery, chopped
- 2 green onions, including tops, thinly sliced
- 1 11-oz can mandarin oranges, drained

Cook almonds and sugar in a saucepan, over low heat, until sugar has melted, and almonds are coated. Cool and break apart. Store at room temperature. Before serving, combine salad greens, almonds, and oranges. Toss with dressing just before serving.

Dressing

- ¼ C vegetable oil
- 2 T sugar
- 2 T vinegar
- 1 T chopped parsley
- ½ t salt
- dash pepper
- dash red hot sauce

Combine all ingredients in a jar and shake to blend. Refrigerate.

Yield: 4-6.

Sara Pietrowski • Hampton, VA

Rainbow Salad

- 2 3-oz pkg strawberry or raspberry jello
- 2 3-oz pkg orange jello
- 2 3-oz pkg lime jello
- 2 3-oz pkg lemon jello
- 2 15½-oz cans evaporated milk

Dissolve 1 pkg red jello in 1½ C boiling water. Let cool; Pour into mold. Refrigerate until congealed. Dissolve the second box of red jello in ¾ C boiling water. When cool, add ¾ C milk. Pour this mixture on top of the first layer.

Repeat this procedure with each flavor jello.

Evelyn Gainey • Richmond, VA

Won Ton Salad

1 head lettuce, chopped
chopped green onions, to taste
1 pkg wonton skins

Dressing:

2 T sugar
1 t salt
2 t Accent
¼ t pepper
¼ C salad oil
3 T rice wine vinegar
2 T sesame seeds

Cut wonton skins into strips. Fry in oil until light brown. Drain on paper towels.

Combine dressing ingredients. Combine all salad ingredients with dressing just before serving. Serves 6.

Teresa Billings • Oxnard, CA

Taco Salad

1 head lettuce, shredded
1 lb ground beef
1 pkg mild taco seasoning
¾ C water
1 8-oz pkg cheddar cheese, shredded
4 tomatoes, sliced
3 onions, sliced
14-oz can black olives
1 ¾-lb pkg Doritos Nacho Cheese Flavor Tortilla Chips
Kraft Catalina Reduced Calorie salad dressing to taste

Brown ground beef in pan. Drain, and stir in taco seasoning and water. Simmer for 5 minutes, stirring occasionally.

In a large bowl place lettuce. Spoon meat mixture into lettuce. Top with cheddar cheese. Add tomatoes, onions, and black olives. Follow with Doritos. Season to taste with salad dressing.

Jean Forlano • Richmond, VA

Red And Gold Salad

- 1 C salad oil
- ½ C white wine vinegar
- ½ t dry mustard
- ½ t sweet basil
- ½ t sugar
- salt and pepper to taste
- 4 heads Bibb lettuce
- 2-4 medium red onions
- 2 11-oz cans mandarin oranges, drained

In a screw-top jar, combine oil, vinegar, mustard basil, sugar, salt and pepper. Shake well and refrigerate. When ready to serve, thinly slice onion and separate into rings. Tear lettuce into bite-sized pieces; toss with onion rings and oranges. Shake dressing before pouring onto greens, toss again.

Kathy Hannah • Richmond, VA

Eggnog Christmas Salad

- 1 envelope unflavored gelatin
- 1 8-oz can crushed pineapple in its own juice
- 3 T lime juice
- 1½ C eggnog
- ½ C finely chopped celery
- 1½ C cranberry juice cocktail or apple juice
- 1 3-oz pkg raspberry flavored gelatin
- 1 14-oz jar cranberry-orange relish

Soften unflavored gelatin in the undrained pineapple and lime juice for 5 minutes. Cook and stir over medium heat til gelatin dissolves. Cool to room temperature.

Stir in eggnog. Chill until partially set. Fold in celery. Pour into a 12 x 7½ x 2 inch pan. Chill until almost firm. Heat cranberry juice until boiling. Stir in the raspberry gelatin until dissolved. Chill until partially set. Fold in the relish. Carefully spoon atop eggnog mixture. Chill until firm. Cut into squares.

To serve, arrange squares on lettuce leaves.

Ilene Decker • Thousand Oaks, CA

West Indies Salad

- 1 lb crab meat
- 1 onion, grated
- 4 oz vegetable oil
- 3 oz cider or wine vinegar (wine best)
- 4 oz ice water
- salt and pepper to taste

Grate $\frac{1}{2}$ the onion, add crab meat. Grate rest of onion, mix with oil, vinegar and water. Add salt and pepper. Pour dressing over crabmeat; marinate at least 4 hours or longer.

Serves 4-6

Joan Rexinger • Richmond, VA

Sawdust Salad

a hit at every family reunion, homecoming, etc.

- 2 3-oz pkgs strawberry jello
- 2 C boiling water
- 1 $\frac{1}{4}$ C cold water
- 1 small can crushed pineapple, drained
- 1 C sugar
- $\frac{1}{2}$ t vanilla
- 6 t flour
- 2 C unsweetened pineapple juice
- 3 bananas, sliced
- 8 oz cream cheese, softened
- $\frac{1}{2}$ 10-oz bag miniature marshmallows
- 1 envelope Dream Whip
- 1 C chopped pecans

Using a large serving bowl or 9 x 13-in glass dish, prepare the jello with the boiling water and $\frac{1}{4}$ C cold water; add the drained pineapple. Chill until firm. In a saucepan, combine sugar, vanilla, flour and pineapple juice; cook over low heat until thickened, set aside to cool. When jello has congealed, place sliced bananas over the top. Next sprinkle with marshmallows. Take cooled pineapple sauce and gently spread over marshmallows. Prepare Dream Whip as directed on package; fold in cream cheese until well blended. Pour this mixture on top of sauce and sprinkle with pecans. Chill well before serving.

Mary Wagner • Richmond, VA

Taco Salad

- 1 lb ground beef
- 1 16-oz can red kidney beans, drained
- 1 pkg taco seasoning mix
- 1 small onion, chopped
- 1 8-oz bottle Thousand Island dressing
- 3 medium tomatoes, chopped
- 1 lg head of lettuce, torn into bite-size pieces
- 8 oz shredded cheddar cheese
- 2 C crushed Doritos

Brown ground beef; drain. Stir in kidney beans and taco seasoning mix. Simmer for 10 minutes. In a large salad bowl, toss together lettuce, tomatoes, cheese, onion, ground beef mixture, Doritos, and dressing. Mix well. Serve warm or cold.

Lynn Walker • Charleston, SC

Strawberry Salad Ring

- 1 pt sour cream
- 4 small boxes frozen strawberries
- 1 banana, mashed
- 1 family sized pkg strawberry jello (or 3 small boxes)
- 1 envelope Knox gelatin
- 1 8-oz can crushed pineapple

Defrost strawberries and reserve juice. Drain pineapple and reserve juice. Add water to combined fruit juices to make 4 cups. Boil 2 cups of juice and pour over strawberry jello. When dissolved, add remaining juice. Dissolve Knox gelatin in $\frac{1}{4}$ to $\frac{1}{2}$ cup warm water. Combine the gelatin mixtures. Add the strawberries, banana, and pineapple to the gelatin. Pour $\frac{1}{2}$ of the mixture into a ring mold and refrigerate until congealed. Spread sour cream over the jello, followed by the remaining jello mixture. Refrigerate until firm.

This is especially good with chicken or turkey.

Patti Kilcullen • Richmond, VA

Shrimp Remoulade Salad

¼ C tarragon vinegar
 2 T dijon mustard
 1 T ketchup
 1½ t paprika
 ½ t salt
 ¼ t cayenne pepper
 ½ C salad oil
 ¼ C finely chopped celery
 ¼ C finely chopped green onions
 2 lbs cleaned, cooked shrimp
 4 medium avocados
 for garnish: chilled asparagus spears, sliced pickled beets, sliced hard cooked eggs, lettuce

Combine vinegar and first 4 ingredients. Slowly add the oil, beating constantly. Stir in the celery and onions. Marinate the shrimp in the sauce for 4-5 hours, or more. Peel avocados and cut in half. Place on lettuce lined plates. Place drained shrimp on avocado halves; garnish with your choice of above. Pass reserved marinade.

Serves 8.

Kathy Hannah • Richmond, VA

Jello Salad

1 29-oz can peaches, drained
 1 29-oz can pears, drained
 1 16-oz can pineapple tidbits, drained
 1 12-oz carton Cool-Whip
 1 C sour cream
 3-4 maraschino cherries
 1 6-oz pkg orange jello

Cut peaches and pears into bite-sized pieces. Put peaches, pears and pineapple in a 9 x 13 in baking dish. Sprinkle dry jello over the fruit. Cover and refrigerate overnight. Before serving, fold in Cool-Whip and sour cream until well blended. Pour into serving dish and garnish with cherries.

Carol Beercheck • Los Angeles, CA

7-Up Jello Mold

- 1 3-oz pkg lemon jello
- 1 C boiling water
- 7 oz cream cheese
- ½ C chopped pecans
- 1 7-oz bottle 7 Up
- 1 8-oz can crushed pineapple, drained
- 1 t vanilla

Combine jello and boiling water until dissolved. Add cream cheese and stir until blended. Combine remaining ingredients and add to jello mixture. Pour into a mold and chill until firm.

Arlene Lapp • Winston Salem, NC

Frosted Salad

- 2 small boxes lemon gelatin
- 2 C boiling water
- 2 C Seven-up
- 1 large can crushed pineapple
- 2 C miniature marshmallows
- 2 large bananas, mashed
- ½ C sugar
- 2 T flour
- 1 C pineapple juice
- 1 egg, slightly beaten
- 2 T butter
- 4 oz cream cheese
- ½ pt whipping cream
- ½ C chopped nuts
- ½ C coconut

Dissolve gelatin in boiling water. Add Seven-up and chill to syrupy consistency. Add pineapple and mashed bananas. Pour into a 9 x 13 dish and chill.

In a saucepan combine sugar, flour, egg, and pineapple juice. Cook, stirring constantly, until thick. Add butter and cook until incorporated. Remove from heat and stir in softened cream cheese.

Whip cream and fold into the cheese mixture. Spread on chilled salad. Sprinkle with coconut and chopped nuts. Decorate with cherries, if desired. Cut into squares and serve.

Tina Clements • Tidewater, VA

Molded Shrimp

- 1 6-oz pkg lemon jello
- 2 C boiling water
- 1 pt, less 2 T heavy cream, whipped
- 1 3 oz pkg cream cheese, softened
- 1 C celery, chopped fine
- 1 C chopped olive (green or black or a combination)

Topping

- $\frac{2}{3}$ C mayonnaise
- 2 T heavy cream
- 1 lb cooked shrimp
- $\frac{1}{2}$ C pimento, chopped
- 1 t lemon juice
- 1 t minced onion

Dissolve jello in water. Cool until the consistency of egg white. Fold in whipped cream, mix well. Fold in cream cheese, olives and celery into jello mixture. Pour into an 8x10 inch pan. Chill until ready to serve. Meanwhile, make shrimp topping: combine all ingredients, blending well. Chill until serving time. To serve. Cut jelled mixture into squares, place a square on each serving plate, which has been lined with lettuce leaves. Top with shrimp sauce. A nice luncheon dish.

Kathy Hannah • Richmond, VA

Jello Supreme

- 1 3-oz pkg orange jello
- $\frac{1}{2}$ pt sour cream
- 2 8-oz cartons Cool-whip
- 1 8-oz can crushed pineapple, drained
- 1 pt container cottage cheese
- 1 11-oz can mandarin oranges

Mix dry jello with all ingredients except Cool-whip. Gently fold in Cool-whip. Pour into serving dish and chill thoroughly.

Lori Nunes • Los Angeles, CA

Doritos Mexican Salad

½ onion, chopped
2 tomatoes, chopped
½ – 1 head lettuce
1 lb ground beef
1 12 oz pkg Doritos, crushed
4 oz grated cheddar cheese
8 oz Thousand Island dressing
¼ t salt
1 8-oz can kidney beans, drained
hot sauce to taste

Mix together the onion, tomatoes, lettuce, cheddar cheese, dressing, and hot sauce.

Brown ground beef. Add kidney beans and salt; simmer for 10 minutes. Drain, and add to salad. Serve.

Robyn Browning • Los Angeles, CA

Watergate Salad

1 3-oz box pistachio pudding
1 medium Cool Whip
1 small can crushed pineapple (drained)
maraschino cherries (to garnish)
½-1 C small marshmallows
1 small pkg walnuts (diced)
½ C coconut
fresh mint leaves (to garnish)

In large serving bowl, mix pudding, pineapple, marshmallows and walnuts. Gently fold cool whip into pudding mixture. Garnish with cherries and fresh mint leaves. Refrigerate. Serve cold.

Serves 6-8.

Terri Moyer • Tustin, CA

Jeanne's Strawberry Salad

- 3 C boiling water
- 3 3-oz pkg red jello
- 1 lg pkg frozen strawberries
- 1 C crushed pineapple, well drained

Place jello in bowl. Add water and mix well. Drop in frozen strawberries. Stir until dissolved. Add crushed pineapple. Pour into a 9 x 13 glass dish. When firm, spread with a thin layer of sour cream. Serve on lettuce leaves.

Jeanne Sheppard • Richmond, VA

Strawberry Salad

- 2 3-oz pkg strawberry jello
- 2 C boiling water
- 1 8-oz can crushed pineapple, well drained
- 1 1-lb can strawberry pie filling

Mix all ingredients together and chill until set.

Topping

- ½ pt sour cream
- 1 8-oz pkg cream cheese
- ½ C sugar
- ½ C chopped pecans

Mix topping ingredients together and spread over congealed jello mixture.

Charla Hamaker • Richmond, VA

Strawberry Salad

- 2 3-oz pkg strawberry jello mix
- 2 C boiling water
- 1 small pkg frozen strawberries
- 3-4 bananas
- ½ C sour cream

Mix all ingredients, except sour cream. Pour ½ the jello mixture in an oblong dish and refrigerate until congealed. Spread sour cream over jello. Pour remaining jello mixture over the sour cream. Refrigerate until firm.

Melanie Corker • Richmond, VA

Six Cup Fruit Salad

- 1 C mandarin oranges
- 1 C canned pineapple chunks
- 1 C shredded coconut
- 1 C sour cream
- 1 C diced walnuts
- 1 C red maraschino cherries

Combine all ingredients and mix well. Refrigerate overnight. Serve either from the bowl or on lettuce leaves.

Linda Wilson • Atlanta, GA

Peas & Peanuts Salad

- 2 10-oz pkgs frozen green peas, thawed and drained
- ½ lb Spanish peanuts
- 1 pt sour cream
- ¼ t garlic salt
- 1 t lemon juice
- 1 T Worcestershire sauce
- ¼ C sliced green onions, including tops

Do not cook peas! Mix together peas and peanuts. Combine remaining ingredients; toss with peas and peanuts, coating well. Refrigerate at least 3 hours before serving.

Kathy Hannah • Richmond, VA

Mustardy Dressing

- 4 T lemon juice or vinegar (can use 2 of each)
- ¾ C olive or salad oil
- ½ t dry mustard
- 1 clove garlic, minced
- salt and pepper to taste

Mix all well.

*For a quick and easy spinach salad, use this dressing on spinach sprinkled with bacon bits and parmesan cheese!

Carol Beercheck • Los Angeles, CA

Sauerkraut Salad

- 1 1-lb, 11-oz can sauerkraut, drained and cut into small pieces
- $\frac{3}{4}$ C sugar
- 1 C diced celery
- 1 C diced green pepper
- $\frac{1}{4}$ C chopped onion
- 3 T vinegar
- $\frac{1}{2}$ t salt
- $\frac{1}{8}$ t pepper
- 1 t celery seed
- 3 T diced pimientos

Mix and refrigerate for at least 24 hours.

Tina Clements • Tidewater, VA

Mimi's Tomato & Avocado Aspic

- 5 C V-8 juice (cold)
- lemon juice to taste
- salt to taste
- 4 pkg unflavored gelatin
- lemon slices (for garnish)
- $\frac{1}{2}$ onion, puréed with water
- $\frac{1}{2}$ C celery, diced fine
- 2 *California* avocados, chopped (these have a nuttier flavor)

Pour $\frac{1}{2}$ V-8 juice into medium saucepan, heat to boiling point. Pour remaining V-8 juice into a large mixing bowl, add gelatin; stir until dissolved. Immediately before reaching boiling point, remove hot V-8 juice from heat; pour hot mixture into cold. Stir well. Add onion, celery, lemon juice, salt, to mixture. Pour half of V-8 mixture into mold. Refrigerate until slightly firm. Keep other $\frac{1}{2}$ of mixture at room temperature. When firm and cool, add avocados, little pieces at a time. Pour remaining V-8 mixture over layer of avocados and refrigerate until congealed. Garnish with fresh lemon slices and avocado slices.

Serves 6-8.

Sherri Arden • Richmond, VA

Sweet Salad Dressing

- 1 C sugar
- 1 C vinegar
- $\frac{1}{2}$ t pepper
- 1 T chives
- 2 t salt
- 1 t Worcestershire sauce
- $\frac{1}{2}$ C salad oil
- $\frac{1}{2}$ C water
- 1 green onion, chopped
- $\frac{1}{2}$ t paprika
- 2 t prepared mustard

Put all ingredients in blender and mix well. Good on spinach or lettuce. Yields 3 cups.

Kyle Clements • Richmond, VA

Celery Seed Salad Dressing

- 1 C salad oil
- $\frac{1}{2}$ C vinegar
- 1 T prepared mustard
- sugar to taste (approx. $\frac{1}{2}$ C)
- 1 T grated onion
- 1 t salt
- 1 t celery seed

Blend all ingredients except celery seed.

Add celery seed and shake to mix. Store in covered container in the refrigerator. Dressing may be warmed by placing the container in warm water before using.

Janet Rivas • Richmond, VA

Creamy Italian Dressing

- 1 clove garlic, minced
- $\frac{1}{2}$ C olive or salad oil
- 2 T wine vinegar
- $\frac{1}{2}$ C mayonnaise
- 1 t salt
- pepper to taste

Combine all ingredients until smooth. Chill before using.

Carol Beercheck • Los Angeles, CA

Liquid Fire

great to make and give as gifts

- 1 gallon ketchup
- 1 pint white vinegar
- 12 oz Worcestershire sauce
- 8 oz prepared mustard
- 1 or 2 bottles Tabasco
- 5 large onions, chopped
- 2 qts hottest peppers (chilitos encurtidos)
- 1 large bulb of garlic
- 2 small jars horseradish

Put onions, peppers and garlic through a fine grinder. Combine all ingredients in a large pot. Bring to a full boil. Reduce heat, simmer 2 to 3 hours. Put sauce into sterilized jars, cap, let cool and store in a cool place.

Use as flavoring to spice up soups and stews or as a condiment.

Marion Smith • Nashville, TN

Hot Mustard

- 1 4-oz can dry mustard
- 1 C wine vinegar
- 2 beaten eggs
- 1 C sugar
- pinch of salt

Put dry mustard and vinegar into a screw-top jar. Shake vigorously to mix and let stand at room temperature over night. The next day, place mixture in the top of a double boiler; stir in remaining ingredients. Cook over medium heat, stirring, until mixture coats the spoon. Place into jars. Refrigerate. Especially good with grilled Italian sausage.

Kathy Hannah • Richmond, VA

Barbecue Sauce

½ C vinegar
½ C catsup
½ C barbecue sauce
¼ C Worcestershire sauce
1 T celery seed
½ C honey or molasses
½ t garlic powder
1 t salt or McCormick hickory salt
1 t pepper
1 t bar-b-cue seasoning
cinnamon, nutmeg, cayenne, pepper to taste (optional)

Heat together and use on ribs or chicken.

Janet Rivas • Richmond, VA

Mexican Jalapeno Jelly

¾ C seeded chopped bell pepper
½ C seeded chopped Jalapeno peppers (fresh)
1 C vinegar
5 C sugar
6 oz liquid pectin
green food coloring

Purée the peppers in a blender. Pour peppers, with juice, into a saucepan, and add vinegar and sugar. Bring to a boil and simmer for 5 minutes. Add pectin and 3 drops of food coloring. Boil rapidly for 1 minute. Pour into sterilized glasses and seal with wax.

CAUTION: Do not touch your mouth or eyes while working with the Jalapeno peppers because they will burn.

This jelly is to be served on top of cream cheese on a cracker or bread for an hors d'oeuvre. It is especially pretty at Christmas because of its lovely green color. Also makes a nice Christmas gift.

Betty Koch • Irvine, CA

Cibola Brenda's BBQ Sauce

5½ oz brown sugar
 43 oz catsup
 22 oz water
 1 t dry mustard
 1⅓ oz vinegar
 1 t Worcestershire sauce
 2 t liquid smoke
 ½ t garlic powder
 ½ t salt and pepper
 1 can pickling spice (wrapped in cheesecloth)
 BBQ spice to taste

Mix all ingredients in large dutch oven or kettle. Cook on simmer for 3 hours. Cool to room temperature. When cooled pour into washed sterile bottles.

Brenda Watkins • Cibola, Arizona

Tennessee Barbecue Sauce

1 C brown sugar
 1½ t onion salt
 ½ t paprika
 ½ t salt
 ½ t pepper
 3 cloves fresh garlic, minced
 2 C vinegar
 1 C ketchup
 2 T Worcestershire sauce
 1 T hot pepper sauce

Combine all ingredients in a saucepan; simmer on low heat for one hour, stirring frequently.

Mike Chalifoux • Richmond, VA

All Purpose Spaghetti Sauce

for the creative cook!

Equal amounts of butter and olive oil

Your choice of any or all of the following:

fresh mushrooms (cleaned and sliced)

minced garlic cloves

finely chopped onions

coarsely chopped green peppers

ground beef

Italian sausage (if not fully cooked, parboil first)

salt and pepper

oregano

approximately equal amounts of canned tomato sauce, tomato paste, and whole tomatoes

1 bottle Lambrusco wine

Assemble one large frying pan, a slotted spoon, and a large saucepan or stockpot. Clean and chop your choice of the optional ingredients. (If using Italian sausage, parboil it now.) Put 3 T butter and 3 T oil into the frying pan and heat until the butter foam subsides. Add onions and garlic and cook until golden. Salt and pepper to taste. Remove from frying pan with slotted spoon and place in saucepan or stockpot. Repeat this procedure for each of the optional ingredients, adding equal amounts of butter and olive oil as needed. Add tomato sauce, tomato paste, and whole tomatoes to the sautéed and drained ingredients until the sauce bubbles. Check the consistency and add wine as needed. (A large batch will take about 1 bottle.) Taste and adjust seasonings.

Reduce heat to low and cook until ready to serve. Simmer at least a half an hour. (The sauce can simmer up to six hours.) Serve with spaghetti fixed according to package directions, or use to make lasagna or manicotti.

Martha Calabrese • Springfield, VA

Jim Isle Hot Sauce

- ½ C catsup
- ¼ C chili sauce
- ¼ C Thousand Island dressing
- 2 T mustard
- 1 T vinegar
- 1 T beer
- 1 T lemon juice
- 1 t horseradish (optional)
- ½ t Worcestershire sauce
- ½ t soy sauce
- ½ t tabasco

Mix all ingredients together. This makes enough for 3 lbs shrimp.

Bill Brown • Charleston, SC

California Marinade

- 1 C salad oil
- ¾ C soy sauce
- ½ C lemon juice
- ¼ C prepared mustard
- ¼ C Worcestershire sauce
- ¼ C onion, chopped
- 1–2 t cracked pepper
- 2 cloves garlic, minced

Mix and store in refrigerator until ready to use. Marinade is good for chicken, pork, or beef. This marinade may be reused.

Mona Cecil • Richmond, VA

Meat Marinade

1½ C salad oil
¾ C soy sauce
¼ C Worcestershire sauce
2¼ t salt
¼ t garlic salt
1 T coarsely ground pepper
½ C wine vinegar
pinch of dry mustard
¼ C lemon juice

Shake all ingredients in a 1 qt jar. Store in the refrigerator for up to 1 week. Good for Shish Kebab.

Marlene Rivas • Richmond, VA

Cranberry Relish

1 bag fresh cranberries
3 oranges
1 C sugar (or to taste)

Wash cranberries. Put all ingredients into food processor fitted with steel blade, or blender. Chop until well mixed and the mixture has the consistency of hot dog relish. Especially good served with poultry dishes.

Renee N. Jones • Richmond, VA

Spaghetti Sauce

- 1 8-oz can tomato sauce
- $\frac{1}{2}$ C olive oil
- 1 bay leaf
- 1 t dried oregano
- 2 large, or 4 small, garlic cloves
- $\frac{1}{2}$ onion
- chopped mushrooms (optional)
- $\frac{1}{2}$ bell pepper (optional)

Place olive oil, garlic, onion, and oregano in a blender. Blend well. Place blended ingredients and bay leaf in a skillet. Simmer for 10 to 15 minutes. In a deep saucepan mix tomato paste, and 1 can of water. Heat on low. Add ingredients from the skillet. Add mushrooms and salt to taste. Simmer for 20 minutes on low heat, stirring occasionally.

Variation add browned ground beef, meat balls or sausage to the sauce.

Maria C. Otegui • Inglewood, CA

Pesto Alla Genovese

- 2 C fresh basil leaves
- $\frac{3}{4}$ C olive oil
- $\frac{1}{2}$ C parsley leaves
- $\frac{1}{2}$ C pine nuts
- 3 or 4 cloves garlic
- salt and pepper
- $\frac{3}{4}$ C grated Romano cheese
- your favorite cooked pasta

Use food processor or blender.

Place all ingredients except cheese in blender and blend until smooth. Transfer to a bowl and stir in cheese. Toss with hot noodles and sprinkle additional cheese on top. Serve.

Note: Pesto can be refrigerated for about 6 weeks. That's Italian!

Carol Beercheck • Los Angeles, CA

Vegetable Stir Fry

- 2 T oil
- 2 medium yellow squash
- 1 medium zucchini
- 2 green onions (scallions)
- 8 oz mushrooms
- 4 oz snow peas
- $\frac{1}{2}$ t ground ginger
- 1 t sugar
- $\frac{1}{4}$ C soy sauce

Cut squash and zucchini into cubes (approximately $\frac{1}{2}$ " square). Be sure to remove seeds from squash. Chop onions into 1 inch pieces. Slice mushrooms. Heat large skillet on high, add oil. When hot, add squash, zucchini, onions and snow peas. Quickly stir to coat vegetables with oil, about 3 minutes. Add remaining ingredients, stirring to prevent burning. Cook for 2–3 minutes longer. Serve hot.

Serves 4.

Any vegetable may be used in this dish as long as it is cut uniformly. This ensures even cooking. Try broccoli or green pepper too!

Forrest McDonald • Richmond, VA

Garden Skillet

- $\frac{1}{2}$ C uncooked rice
- 3 T butter
- 2 C thinly sliced zucchini (about 2 medium)
- 1 C thinly sliced carrots (about 2 medium)
- $\frac{1}{2}$ C water
- 1 t salt
- $\frac{1}{2}$ t garlic powder
- $\frac{1}{4}$ C grated Parmesan cheese, divided

Cook rice according to package, set aside. In medium saucepan, melt butter. Add zucchini and carrots and cook, stirring 5 minutes or until vegetables start to soften. Add water, cover and cook until vegetables are fork tender, about 10 minutes. Add reserved cooked rice, salt, garlic powder and two T of the cheese; stir thoroughly. Turn into serving bowl and sprinkle with remaining cheese. Serves 4.

Kathy Hannah • Richmond, VA

Easy Artichoke Hearts Casserole

- 2 T vegetable oil
- 1/3 C finely chopped onion
- 1 clove garlic, mashed
- 4 eggs
- 14-oz can artichoke hearts, drained and chopped in 1/2" pieces
- 1/4 C dry bread crumbs
- 8 oz shredded Swiss cheese
- 1 T dried parsley
- 1/2 t salt
- 1/4 t oregano
- 1/8 t Tabasco
- pepper to taste

Sauté onion and garlic in oil. In a large mixing bowl, beat eggs until frothy; add artichoke pieces. Stir in onions, garlic, crumbs, cheese, parsley, salt, pepper, oregano and Tabasco. Pour all into greased 7 x 11 in. casserole; bake at 325° for 25–30 minutes. Cool and cut into squares. This can be baked ahead and reheated before serving — 10–15 minutes at 325°, or reheated in the microwave at MED (50%) power. Serves 8.

Carol Helton • Richmond, VA

Baked Bananas

- 3/4 C seedless raisins
- 2 C water
- 1 C sugar
- 1 t cornstarch
- juice of 1 lemon
- 2 T butter
- 1 banana per serving

Prepare raisin sauce. Bring water and raisins to boil, cook for 10 minutes. Drain, reserve liquid. Mix sugar with cornstarch; add to the raisin liquid and boil for another 10 minutes. Add raisins, lemon juice and butter. Peel and thread bananas. Replace banana in skin. Place in 9 x 12 baking dish. Bake at 350° until pulp softens, about 15 minutes. Serve warm banana with raisin sauce.

Linda Wilson • Atlanta, GA

Broccoli Casserole

1 small onion, chopped
½ C celery, chopped
1 T butter or margarine
1 pkg frozen broccoli, cooked
1 C rice, cooked
1 can cream of chicken soup
1 can mushroom soup
1 small jar Cheeze-Whiz
paprika

Sauté onion and celery in butter. Mix other ingredients, except paprika. Pour into casserole. Sprinkle paprika on top. Bake 15 minutes at 450°.

Serves 8-10.

Tina Clements • Tidewater, VA

Black-Eyed Peas

If you feel Black-eyed peas are too blah or dry, try this!

1 pkg frozen black-eyed peas
1 T finely chopped onion
1 medium can tomatoes
salt and pepper

Put all ingredients in small pan. Let simmer until peas are cooked. (Do not cook peas as directed on frozen package.) Easy and very good!

Marlene Rivas • Richmond, VA

Corn For A Crowd

18-20 C corn, cut from cob
1 lb. butter
1 C cream

Place corn in a large roasting pan. Melt butter in small saucepan. Remove from heat. Add cream. Pour over corn. Bake at 350° for 1 hour, uncovered.

Serves 20 or more.

Charla Hamaker • Richmond, VA

Broccoli Casserole

- ¼ C finely chopped onion
- 6 T butter
- 2 T flour
- ½ C water
- ½ C cracker crumbs (soda)
- 1 8-oz pkg Velveeta cheese
- 2 10-oz pkgs chopped frozen broccoli, thawed
- 3 eggs well beaten

Sauté onion in 4 T of butter until soft. Stir in flour, add water. Cook over low heat until thickened and comes to a boil. Blend in cheese. Combine sauce and thawed broccoli. Add eggs. Mix until blended. Turn into 1½ qt. buttered casserole. Cover with crumbs mixed with remaining 2 T melted butter. Bake covered at 325° exactly 30 minutes.

Serves 8.

Carol Beercheck • Los Angeles, CA

Broccoli Cheese Casserole

- 1 medium onion, chopped
- ½ C melted butter or margarine (divided)
- 1 can mushroom soup, undiluted
- 1 4 oz can chopped mushrooms, drained
- 1 6 oz roll pasteurized process cheese food with garlic, chopped
- 1 t parsley chopped
- salt and pepper to taste
- ¼ C slivered almonds
- 2 10-oz pkgs frozen broccoli (partially cooked and drained)
- 2 C herb seasoned stuffing mix

Sauté onion in ¼ cup butter until tender. Combine onion, soup, mushrooms, cheese, parsley, salt, pepper, almonds, and broccoli; mix well. Spoon into a 2 quart casserole. Combine stuffing mix and ¼ cup butter; spoon over broccoli mixture. Bake at 350° for 20–30 minutes.

Serves 6–8.

Carol Helton • Richmond, VA

Broccoli Casserole

- 1 20-oz pkg frozen chopped broccoli
(if fresh is used, add 1 extra egg)
- 1 can cream of mushroom soup
- 1 C grated sharp cheddar cheese
- 1 small onion, finely chopped
- ½ C mayonnaise
- 1 egg, beaten
- ½ C bread crumbs
- salt and pepper to taste
- paprika

Cook broccoli according to package; drain. Combine soup, cheese, mayonnaise, egg and onion. Stir in broccoli, place all in casserole dish. Sprinkle with bread crumbs, dust with paprika. Bake at 350° for 30–40 minutes. Serves 4–6.

Jane Brown • Charleston, SC

Spicy Baked Beans

- 1 lb Great Northern Beans
- 1 large can tomatoes
- 1 whole bottle catsup or barbecue sauce
- 1 C water
- 1 small pork shoulder

Cook beans per package instructions. Drain beans and put into large baking dish. Add rest of ingredients. Cook covered in 350° oven. Stir occasionally, adding water during baking time to keep moist. Place roast in middle of bean mixture. When roast is very tender (about 3–4 hrs.), remove meat from pan. When cooled remove meat from bones, cut up and add chunks of meat to the bean mixture. Salt and pepper to taste. Cook approximately 2 more hours or until well done. Reduce oven temperature to 250°. Be sure not to let beans get too dry.

For added taste, I sometimes add a small amount of grated onion in the beginning of cooking time. Great dish!

Marlene Rivas • Richmond, VA

Mixed Vegetable Casserole

- 1 10-oz pkg frozen mixed vegetables
- $\frac{1}{2}$ C celery, chopped
- $\frac{1}{2}$ C onion, chopped
- $\frac{1}{2}$ C mayonnaise
- 1 C Cheddar cheese, grated
- $\frac{1}{4}$ C margarine, melted
- 1 C Ritz cracker crumbs

Cook vegetables, celery and onion 5 minutes (until partially tender) in salted water. Drain. Combine cooked vegetables, mayonnaise and cheese in casserole dish. Combine crumbs and margarine and sprinkle over top of casserole. Bake at 350° for 20 minutes.

Serves 4.

Lynn Walker • Charleston, SC

Bacon Baked Beans

- $\frac{1}{4}$ lb thinly sliced bacon
- $\frac{1}{4}$ C chopped onion
- $\frac{1}{4}$ C chopped green pepper
- $\frac{1}{4}$ C chopped celery
- 2 1-lb cans baked beans
- $\frac{1}{2}$ C catsup
- 2 T dark molasses
- 1 T brown sugar
- 1 t dry mustard

Place bacon in a 2 qt. casserole or 10 x 6 x 1 $\frac{3}{4}$ " baking dish. Microwave on High (100%) for 4 to 5 minutes or until crispy (usually 1 minute per slice is a good rule). Remove bacon. Cut into 1" pieces. Set aside. Add onion, green pepper and celery to bacon drippings. Microwave on High (100%) for 5 to 6 min. or until tender. Drain off grease. Add bacon and remaining ingredients. Cover with a tight fitting lid or plastic wrap. Microwave on High for 5 to 6 min. or until bubbly. Stir, then microwave on Medium (50%) for an additional 10 to 15 minutes.

6-8 servings

The green pepper and celery add a delightful crunchy flavor.

Barbara Smith • Raleigh, NC

Broccoli Casserole

- 1 pkg frozen chopped broccoli
- 1 small grated onion
- $\frac{1}{2}$ C mayonnaise
- 1 egg, well beaten
- $\frac{1}{2}$ C grated sharp cheese
- $\frac{1}{2}$ C mushroom soup
- $1\frac{1}{4}$ C croutons
- salt and pepper to taste

Cook broccoli according to package directions. Drain well. Combine soup, mayonnaise, egg, onion, salt and pepper. Add to broccoli and pour into casserole dish. Cover with cheese and croutons. Dot croutons with butter and bake at 350° for 45 minutes.

Serves 4-6.

Jane Gurganus • Richmond, VA

Spanish Baked Beans

- 1 lb pinto beans
- 2 T paprika
- 1 t garlic salt
- 1 pinch oregano
- 1 T cinnamon
- 2 t sugar
- $\frac{1}{2}$ C whole black peppercorns
- $\frac{3}{4}$ C chopped onions
- $\frac{3}{4}$ C chopped green pepper

Soak and cook beans according to package directions. Preheat oven to 450° . Pour beans into a deep casserole dish. Add paprika, garlic salt, oregano and cinnamon; mix well. Bake for 25 minutes. Remove from oven and sprinkle sugar and peppercorns over the beans. Stir to mix well. Return to oven and bake an additional 25 minutes. After baking, decorate with the chopped onion and pepper.

Serves 6.

Brenda Banner • Richmond, VA

Baked Beans

- 1 lb bag dried navy beans
- 1 C molasses
- 1 small can tomato paste
- $\frac{1}{2}$ C catsup
- 5 strips bacon
- 2 T sugar

Cook beans per package instructions. Drain and set aside. In 2 qt ovenproof baking dish place beans, tomato paste, molasses, sugar and catsup. Stir until well blended. Place bacon strips on top. Bake at 325° for 30 minutes.

Serves 6–8.

Mary King • Norfolk, VA

Baked Beans

- 1 large can commercial baked beans
- 5 strips bacon
- 1 medium onion, diced
- $\frac{2}{3}$ C ketchup
- 1 t mustard
- 4 T vinegar
- $\frac{1}{2}$ C sugar

Mix ketchup, mustard and vinegar together; combine with beans in a casserole dish. Fry bacon, crumble. Fry onions in bacon fat until brown. Pour onions and fat, bacon and sugar into beans, mix well. Bake at 425° for 45 minutes.

Renee Jones • Richmond, VA

Carrot Casserole

- 2 lbs carrots, scraped
- 4 T butter
- $1\frac{1}{2}$ C coarse Ritz cracker crumbs
- 3 C grated sharp cheddar cheese

Cut carrots in large pieces. Cook in a small amount of water until tender — 20–25 minutes; drain. Mash carrots with a hand held mixer until smooth. Fold in remaining ingredients. Pour into a glass baking dish. Bake 30–35 minutes at 350°. Serves 6–8.

Kathy Hannah • Richmond, VA

Carrots Puree

- 1½ lbs carrots, cut in chunks
- ¼ C butter
- 1 t salt
- ¼ t pepper
- 2 T heavy cream
- 1 T cognac

Boil carrots in a small amount of water until tender, about 20 minutes. Process in food processor or blender until puréed and smooth. Add butter, salt and pepper, process 30 seconds. Add cream and cognac, process another 15 seconds. This can be made a day ahead and reheated in a covered casserole over hot water.

Nancy Kopf • Richmond, VA

Creamy Celery Bake

- 4 C celery, thinly sliced
- ¼ C margarine
- 3 T all-purpose flour
- 1 t salt
- 1 C milk
- 1 3-oz can mushrooms, chopped and drained (about ½ cup)
- 2 T green pepper, chopped
- 2 T pimiento, chopped
- 4 oz sharp American Cheese (shredded, 1 cup)
- 1 C soft bread crumbs
- 2 T butter, melted

In medium skillet, cook celery in margarine until tender (about 5 minutes). Push celery to one side; stir in flour and salt. Add milk all at once; cook and stir until mixture thickens and bubbles. Stir in mushrooms, green pepper and pimiento. Add cheese and stir until melted. Turn mixture into 10 × 6 × 1½ inch baking dish. Combine bread crumbs and the melted butter. Sprinkle over casserole. Bake at 350° for 20 minutes.

Serves 8.

Carol Helton • Richmond, VA

Cabbage Oriental

- 1 lb cabbage, coarsely chopped
- 4 celery stalks, coarsely chopped
- 1 green pepper, coarsely chopped
- 1 large onion, cut in rings
- 2 T oil
- 3 T soy sauce
- ¼ t paprika

Sauté cabbage, celery, pepper, and onion in oil over low heat for 10 minutes. Add soy sauce and paprika. Stir and serve.

Serves 4.

Kyle Clements • Richmond, VA

Microwaved Mexicali Corn Casserole

- ¼ C butter or margarine
- 1 8½-oz pkg corn bread mix
- 1 can cream style corn
- 1 can whole kernel corn, drained
- 1 C dairy sour cream
- ½ C cheddar cheese, shredded
- 3 eggs slightly beaten
- 2 T green chilies, chopped
- ½ t salt
- ⅛ t paprika

Place butter in 3 qt. casserole. Microwave on High 30–60 seconds or until melted. Blend in remaining ingredients except paprika. Microwave on High 2–4 minutes or until cheese melts and mixture begins to set. Stir 2–3 times during cooking. Pour into 8×8 inch baking dish and cover with wax paper. Reduce power to 50%. Microwave 12–18 minutes or until set. Rotate dish ¼ turn every 3 minutes.

Serves 4–6.

Diane Deaton • Virginia Beach, VA

Marinated Carrots

- 1 can tomato soup
- $\frac{1}{4}$ C vinegar
- $\frac{1}{2}$ C sugar
- 1 2-lb bag frozen carrots
- 1 green pepper
- $\frac{1}{2}$ C salad oil
- 1 T prepared mustard
- 1 t Worcestershire sauce
- 2 small onions, cut in rings

Scrape and slice carrots and cook in salted water until tender. Drain and cool. In large bowl mix together green pepper and onion rings. Add soup, vinegar, sugar, oil, mustard and Worcestershire sauce. Combine marinated pepper and onion mixture with carrots. Marinate overnight.

Muriel Perry • Richmond, VA

Corn Pudding

- 6 T butter, softened
- 2 T sugar
- 2 T flour
- 1 t salt
- 4 eggs
- 2 C fresh cut corn
- 1 $\frac{1}{2}$ C half and half

Blend butter, sugar, flour and salt. Add eggs, beat mixture well. Stir in corn. Add half and half. Pour ingredients into buttered 2 qt. casserole dish. Bake 45 minutes at 325°. Only stir once during baking. When done, pudding will be golden brown and of custard consistency. This recipe doubles easily.

A wonderful side dish for Thanksgiving, or any turkey, chicken or ham dinner.

Serves 6.

John Duken • Los Angeles, CA

Corn Pudding

2 1-lb cans regular or cream style corn
2 T butter
½ t salt
2 T flour
2 eggs, slightly beaten
½ C sugar
½ t vanilla
2 C milk

Melt butter in saucepan. Add flour, sugar, salt; mix well. Add eggs, stirring constantly. Add corn, vanilla and milk. Bake at 350° for 45 minutes to 1 hour, or until the top is set like a custard.

Robin Buchanan • Durham, NC

Eggplant Casserole

1-½ to 2 lbs eggplant
2 onions, chopped
1 clove garlic, chopped
1 C cubed sharp cheese
1 can tomato sauce
3 eggs, well beaten
1 t salt
½ t pepper
½ t oregano
Bread crumbs

Butter a 2-quart casserole dish. Peel and cube eggplant. Place in saucepan with just sufficient water to cover eggplant and cook until it starts to boil. Continue to cook for additional 2 or 3 minutes until eggplant cubes are just barely soft to touch. Place half of cooked eggplant in casserole dish. Layer in onion and cheese; then remainder of eggplant. Combine condiments and sprinkle on top; then pour beaten eggs and then tomato sauce over entire contents. Sprinkle top with bread crumbs and dot with butter.

Bake at 400° until brown and bubbly, about 45 minutes.

Serves 4-6.

Joan Rexinger • Richmond, VA

French Fried Onion Rings

2 lg sweet Spanish onions
 1¼ C flour
 1 t baking powder
 ¼ t salt
 1 egg, beaten
 1 C beer
 1 T oil
 oil for deep frying
 salt

Peel onions and cut into ¾" thick slices. Separate into rings. Combine flour, baking powder, salt, egg, beer and 1 T oil. Blend until smooth. With a fork, dip onion rings into batter and coat well. Fry in oil heated to 375°, until light brown on both sides, turning once. Drain on absorbent paper.

To Freeze: Spread out on baking sheet to freeze. Put in freezer. When frozen, package desired quantities in foil and freeze. To serve after freezing, bake uncovered at 375° for 15–20 minutes.

Janet Rivas • Richmond, VA

German Hot Potato Salad

6 lg potatoes
 ¼ lb bacon, chopped and uncooked
 1 lg onion, chopped
 2 C water
 3 T cornstarch
 ½ C vinegar
 2 T sugar
 1 t salt
 ½ t pepper
 ¼ C pickle relish
 ½ C chopped pimento

Peel, slice, and boil potatoes. Brown chopped bacon and onions until bacon is crisp. Do not drain. Add cornstarch mixed with water to bacon grease, stirring until mixture thickens. Add remaining ingredients, and simmer for several minutes. Stir in sliced potatoes and simmer until potatoes have absorbed the flavor.

Chef Roger • Norfolk, VA

Eggplant Creole

- 2 C diced eggplant
- ½ C canned tomatoes
- 1 T chopped green pepper
- 1 T chopped onion
- ½ t salt
- ¼ t pepper
- ½ C buttered breadcrumbs

Stew eggplant until tender in as little water as possible; drain. Place a layer of eggplant in a buttered baking dish. Add tomatoes, onion and pepper, seasoned with salt and pepper. Add remaining eggplant and top with buttered crumbs. Bake for 20 minutes at 375°.

Linda Wilson • Atlanta, GA

Cheese Potato Dish

- 2 lbs frozen hash brown potatoes
- ¾ C butter or margarine, softened
- 8 oz sour cream
- 2 C grated sharp cheddar cheese
- ½ t salt
- ¼ C onion, finely chopped
- 1 can cream of chicken soup, undiluted

For topping: ¼ C melted margarine
1½ C crushed corn flakes

Mix all of the above ingredients together and put in large greased baking dish. (13" x 9") Add on top, ¼ C margarine and 1½ C crushed cornflakes which are premixed. Bake at 350° for 1 hour or until potatoes are tender.

Serves 10.

Marlene Rivas • Richmond, VA

Cheese Potato Dish Variation

For Garlic Hash Browns, add 1 t minced garlic to the potato mixture above.

Jane Gurganus • Richmond, VA

Holiday Green Bean Casserole

2 1-lb cans cut green beans or 2 9 oz each frozen cut green beans,
cooked and drained
¾ C milk
1 can mushroom soup
⅛ t pepper
1 2.8-oz can Durkee French Fried Onions

Combine beans, milk, soup, pepper and ½ can onions. Pour into a 1½ quart casserole. Bake uncovered at 350° for 30 minutes. Remove from oven. Top with remaining onions and bake 5 minutes longer.

Serves 6.

Carol Beercheck • Los Angeles, CA

Potato Casserole

2 lb bag frozen hash brown potatoes
¼ C melted butter
1 can cream of chicken soup
½ C onion, chopped
1 C crushed potato chips
1 C sharp cheddar cheese

Preheat oven to 350°. Break up frozen potatoes into baking dish. Mix butter, chicken soup, onion and cheese together; pour over potatoes. Sprinkle potato chips on top and bake for 45 minutes.

Tami Decker • Thousand Oaks, CA

Oven Browned Potatoes

1 1-lb can whole small potatoes
2 T margarine or bacon drippings
1 t beef bouillon granules
pepper to taste
chopped parsley

Drain potatoes and rinse under cold water; drain well. Melt margarine or drippings in small skillet or oven to table dish. Add beef bouillon granules and stir. Add drained potatoes and stir to coat. Place in 350 ° oven for 20-25 minutes, stirring occasionally to brown all sides. Sprinkle with chopped parsley.

Serves 4.

Sherri Arden • Richmond VA

Hot Pea Salad

1 10-oz pkg frozen peas
6 slices bacon
 $\frac{1}{2}$ C green onions
mayonnaise (enough to moisten)
fresh ground pepper

Place uponed box of peas on plate in microwave; after having removed wax covering. Cook on High or Full power for 4 minutes. Set aside to complete defrosting. Place bacon strips on paper towel on a paper plate or use your bacon rack. Cover with one paper towel. Cook on High for 5–6 minutes until crisp. Drain peas and place in bowl. Crumble bacon and add to bowl. Add green onions and just enough mayonnaise to moisten. Sprinkle ground pepper on top. *Serve at once.* Can also be served chilled.

Serves 4

Barbara Smith • Raleigh, NC

Potato Casserole

6 medium potatoes
 $\frac{3}{4}$ C butter or margarine
1 can cream of chicken soup
 $\frac{1}{3}$ C green onion, chopped
 $\frac{3}{4}$ C shredded cheddar cheese
1 C sour cream
 $\frac{1}{2}$ C cornflake crumbs

Cook potatoes with skins on. Remove skins and slice potatoes thinly into buttered $2\frac{1}{2}$ qt. casserole. In small saucepan mix together $\frac{1}{2}$ C butter, soup, cheese, onions and sour cream. Stir over low heat just until heated throughout; pour over potatoes. In small skillet or saucepan, melt remaining $\frac{1}{4}$ C butter and add cornflake crumbs. Mix well. Sprinkle crumb mixture over potatoes. Bake at 350° 30–40 minutes or until bubbly.

Serves 8–10.

Tami Decker • Thousand Oaks, CA

Pot Luck Potato Bake

Cooking Time: 19 to 22 minutes

Standing Time: 3 to 5 minutes

Cooking Utensils: 2 qt. round covered casserole
4 cup measure or small bowl

1 32-oz package frozen (loose) hash brown potatoes, thawed

6 T margarine

1 t salt

$\frac{1}{2}$ C chopped onion

1 $10\frac{3}{4}$ -oz can cream of chicken soup

1 C sour cream

1 C shredded sharp Cheddar cheese

$\frac{1}{4}$ C margarine

2 C corn flakes

In casserole, melt 6 T margarine on Medium High (70°) $1\frac{1}{2}$ minutes. Add potatoes and salt. Stir. Add onion, soup, sour cream and cheese. Stir gently to combine. Cover.

Microcook on Medium High (70°) 8 minutes. Stir. Microcook on Medium High (70°) 7 to 8 minutes longer. Stir.

Let stand.

Melt $\frac{1}{4}$ C margarine in cup or bowl on Medium High (70°) 1 minute. Stir in corn flakes.

Remove lid from casserole. Sprinkle corn flake mixture over the top. Return to oven, uncovered, and microcook on Medium High (70°) 3 to 4 minutes.

Serves 8-10.

From "The Microwave Touch" by Galen Hill

Potatoes With Sage And Parmesan

- 4 large potatoes, pared
- 2 qts boiling water
- $\frac{1}{3}$ C butter
- $1\frac{1}{2}$ t dried sage leaves
- $\frac{3}{4}$ C freshly grated Parmesan cheese
- $\frac{1}{2}$ t coarsely ground black pepper

Rinse potatoes. Cut each into 6 or 8 lengthwise wedges. Drop into boiling water; boil 5 minutes (they should still be firm). Drain. Meanwhile, melt butter in skillet over low heat until butter is almost all light brown. Add potatoes and sage. Cook, stirring, over medium-high heat for 10-15 minutes until potatoes have absorbed all the butter and are totally cooked. Sprinkle with cheese and black pepper. Serve immediately.

Debbie Rottweiler • Louisville, KY

Hungarian Paprikas Potatoes

- $\frac{1}{4}$ lb bacon cut up into small pieces
- 1 small onion
- $\frac{1}{2}$ green pepper, diced
- 1 t paprika
- 1 C water
- $\frac{1}{2}$ t salt
- Pinch of black pepper
- 5 large potatoes, diced or sliced

Fry bacon until crisp and remove, add diced onion and green pepper. Simmer for about 5 minutes and add paprika, salt and black pepper. Add potatoes and water and cook until the potatoes are tender, about 20-25 minutes. Top with reserved bacon.

Ilene Decker • Thousand Oaks, CA

Sweet Potato And Marshmallows

Boil and mash desired amount of sweet potatoes and mix with enough milk and butter to make them fluffy. Season with sugar, dash of salt and pepper and nutmeg. Add one well beaten egg, mix well. Place in buttered baking dish and cover uniformly with marshmallows. Bake until marshmallows are golden brown. If desired, chopped nuts may be added to the potato mixture.

Linda Wilson • Atlanta, GA

Stuffed Potatoes

6 baking potatoes
1 8-oz sour cream
1 C shredded cheddar cheese
paprika to taste
½ C butter or margarine (soft)
8 slices bacon (cooked crisp)
salt and pepper to taste

Scrub potatoes and bake at 40–60 minutes. Allow to cool. Cook bacon crisp. When cool, crumble bacon. Halve potatoes lengthwise. Scoop out pulp, leaving shells intact. Combine pulp, butter, sour cream, bacon, cheese, salt and pepper. Whip until smooth. Stuff shells with potato mix. Sprinkle with paprika. Bake at 350° for 25 minutes.

Serves 12.

Jane Brown • Charleston, SC

Tom's Patio Potatoes

4–6 large potatoes

1 medium onion, sliced
½ C butter, melted
1 t dried dill weed
Lawry's seasoned salt
pepper

Scrub potatoes. Leaving peel on, slice into ¼" slices. Separate onion slices into rings. On heavy-duty foil (or double layer of regular), place potato slices, on edge, with onion rings placed between slices. Drizzle potatoes and onions with the melted butter. Sprinkle seasoned salt and pepper evenly over all, then sprinkle with dill. Place another piece of foil over potatoes, rolling edges of foil to form a tight package. Place over hot coals for 45 minutes.

Tom Hannah • Richmond, VA

Orange Glazed Yams

3 yams or sweet potatoes
 ½ C brown sugar
 ½ C sugar
 2 T cornstarch
 ½ C orange juice
 ¼ C sherry
 ½ t grated orange rind
 4 T butter

Boil or bake yams in their jackets until almost tender. Cool, peel and cut in thick slices. Lay in greased casserole or shallow baking dish. Make the sauce by mixing sugar, cornstarch; add orange juice, rind and sherry. Cook stirring constantly, about 5 minutes. Add butter, when melted, pour sauce over potatoes. Bake at 375° 25–30 minutes.

Anita Gaumer • Los Angeles, CA

Sweet Potato Casserole

3 C mashed sweet potatoes
 1 egg
 1 C sugar
 1 t vanilla
 ¼ C butter
 1 C brown sugar
 ⅓ C flour
 1 C pecans, chopped
 3 T butter

Mix potatoes, egg, sugar, vanilla and butter; spoon into baking dish. Mix brown sugar, flour, pecans and butter; sprinkle on top of potatoes. Bake at 350° for 30 minutes.

Ilene Decker • Thousand Oaks, CA

Dixie Sweet Potato Bake

2 C mashed sweet potato
 2 eggs, beaten
 ½ C broken pecans
 ½ C honey
 ¾ t salt

Thoroughly combine potatoes, eggs, pecans, honey and salt. Pour into greased 8" round baking dish. Bake at 350° for 30 to 35 minutes. Trim with extra pecan halves. Serves 6.

Carol Helton • Richmond, VA

Creamed Spinach With Crunchy Topping

- 3 10-oz pkgs frozen chopped spinach
- 2 3-oz pkgs cream cheese
- 4 T butter
- 1 C packaged herb stuffing mix
- salt and pepper to taste
- generous dash of nutmeg
- grated rind of 1 lemon

Cook spinach according to package directions. Drain thoroughly. Over low heat, blend spinach, cream cheese and 2 T butter. Season with salt, pepper, nutmeg and lemon rind. Place in buttered casserole dish. Spread herb stuffing over top and drizzle with 2 T melted butter. Bake at 350° for about 25 minutes.

Serves 6-8.

Paulette Greentree • Richmond, VA

Spinach Casserole

- 1 box frozen chopped spinach (cooked and pressed dry)
- 1 12-oz carton cottage cheese
- 3 eggs, slightly beaten
- 1 onion, chopped
- ½ t nutmeg
- garlic salt (to taste)
- pepper
- ¾ stick butter or margarine
- Parmesan cheese
- 1 roll of Ritz crackers crushed

Mix first 7 ingredients thoroughly in large bowl. Pour into large buttered casserole dish. Cover top of vegetable mixture with crackers, dot with butter, sprinkle with Parmesan cheese. Bake at 350° for about 30 minutes or until top is brown.

Serves 6.

Milton Tredway • Richmond, VA

Spinach Kugel

- 1 12-oz pkg wide egg noodles
- 2 10-oz pkg frozen spinach, thawed
- 2 cans cream of mushroom soup
- 1 lb Swiss cheese, grated

Cook noodles for half the time called for on the package. Drain. Grease a 9 x 13 in. baking dish. Layer one-half each of the noodles, spinach soup and cheese; repeat layers. Bake at 375° for 45–55 minutes. Serves 10–12.

You may substitute broccoli pieces for the spinach and cheddar cheese for the Swiss.

Lisa Kutak • Richmond, VA

Spinach Surprise

- 1 pkg frozen chopped spinach
- ¼ C onion, chopped
- 4 T butter
- pinch of salt
- ½ C sour cream
- 1 t vinegar

Cook spinach with onion in medium saucepan. Melt butter. In serving dish, combine butter, add spinach, well drained. Stir. Add salt and sour cream; blend all together. Stir in vinegar and serve.

Serves 4.

Anne Donnelly • Richmond, VA

Zucchini Casserole

- 3 C zucchini, peeled and grated
- 1 medium onion, grated
- 4 eggs, beaten
- salt and pepper to taste
- 1 t parsley
- ½ C parmesan cheese
- ½ C oil
- 1 C Bisquick

Mix all ingredients; pour into greased pie plate. Bake at 350° for 50 minutes.

Anne Olshansky • Richmond, VA

Squash Casserole

13 small summer squash, sliced or cut into large dice, cooked
1 onion, chopped
1 stick melted butter
1 can cream of chicken soup, undiluted
1 C sour cream
1 pkg cornbread stuffing
salt and pepper to taste

Grease large casserole. Sprinkle half of bread stuffing on bottom of pan (save for top). Mix remaining ingredients with squash and pour over bread stuffing. Top with remaining stuffing. Bake for 30–40 minutes at 350°.

Janet Rivas • Richmond, VA

Baked Squash Casserole

1 3 lb winter squash, peeled and cut into large pieces
½ C onion, chopped
2 eggs, lightly beaten
1 T salt
1 t pepper
1 T sugar
½ C butter, divided
½ C cracker crumbs

Boil squash in a small amount of water until tender, about 20 minutes; drain and mash. Add onion, eggs, salt and pepper, sugar and ¼ cup butter. Pour mixture into greased baking dish. Melt remaining butter and brush top of squash. Sprinkle with cracker crumbs. Bake at 375° for 1 hour. Serves 6.

Carol Hutton • Chattanooga, TN

Zucchini Parmesan

1 16-oz can fancy Italian zucchini
½ c grated Parmesan cheese
¾ C bread crumbs

Place zucchini in casserole dish; sprinkle cheese over top. Evenly sprinkle with bread crumbs. Bake at 350° for 15–20 minutes.

Dianne Lawson • Virginia Beach, VA

Scalloped Tomatoes And Artichoke Hearts

1 2 lb, 3-oz can whole plum tomatoes
 1 14-oz can artichoke hearts
 1½ C chopped onion
 2 T finely chopped shallots
 ¼ lb butter
 ½ t basil; or more, to taste
 2 T sugar
 salt and pepper to taste

Preheat oven to 325°. Grease a shallow casserole. Drain tomatoes and artichokes; rinse the artichokes in water, drain and quarter them. Sauté the onion and shallots in butter until tender. Add the tomatoes, artichokes and basil; heat for 2–3 minutes, stirring gently. Season with the sugar, salt and pepper. Turn into the prepared pan and bake at 325° for 10–15 minutes or until the vegetables are heated through.

Kathy Hannah • Richmond, VA

Scalloped Tomatoes And Cucumbers

2½ C cooked tomatoes (or use canned tomatoes)
 ½ t salt
 1½ t Worcestershire sauce
 1 medium onion
 Optional: ½ t sugar
 1 large cucumber (do not peel)
 2 C bread crumbs
 ¾ C grated sharp cheese (more if you prefer crispier topping)

Combine tomatoes, salt and Worcestershire sauce; chop onion; add sliced cucumber. Arrange layers of tomato mixture, cucumber and crumbs in greased baking dish. Sprinkle with cheese. Bake at 375° for 40 minutes.

Serves 4.

Carol Helton • Richmond, VA

Zucchini Au Gratin

- ¼ C margarine
- 4 C zucchini, (1 lb) thinly sliced
- 1 onion, diced
- 1 small can mushrooms
- 2 tomatoes, peeled and sliced
- 1 t salt
- pepper to taste
- 1 C grated cheese

Mix all ingredients together except cheese. Place in 2 qt casserole dish. Sprinkle cheese on top. Cover and bake at 350° for 30 minutes, or until vegetables are tender.

Serves 6-8.

Robyn Browning • Los Angeles, CA

Zucchini Casserole

- 1-2 zucchini
- 2 eggs
- 1 C mayonnaise
- 1 C parmesan cheese
- 2 T margarine
- 1 large green pepper
- ½ large onion, diced
- ½ C bread crumbs

Cut off ends of zucchini and slice thin. Parboil until tender, pour off water and drain. Set aside. Beat eggs, add mayonnaise and parmesan cheese. Whip all three ingredients together. Set aside. Sauté in margarine, pepper and onion. Add this to egg mixture. Butter a square casserole dish. Pour in zucchini. Pour in egg mixture on top of zucchini and mix together. Break up bread crumbs and place on top of mixture. Salt and pepper if desired. Bake at 350° for 30 minutes.

Joyce Grambo • Richmond, VA

Zucchini Pancakes

- 2 eggs, beaten
- 2 C shredded zucchini, well drained
- $\frac{1}{3}$ C Bisquick
- $\frac{1}{4}$ C grated Parmesan cheese
- $\frac{1}{8}$ t pepper
- $\frac{1}{4}$ t salt
- 1 onion, chopped (optional)

Mix all ingredients. Spoon onto lightly greased, hot griddle. When browned around the edges, flip to cook other side. Serve as a side dish. Serves 3–4.

Frances H. Martin • Ashland, VA

Vegetables A La Grecque

- $\frac{1}{2}$ C olive oil
- $\frac{1}{3}$ C white wine vinegar
- $\frac{1}{3}$ C dry white wine or vermouth
- 1 t salt
- $\frac{1}{2}$ t freshly ground black pepper
- 1 bay leaf
- 1 or 2 garlic cloves, split
- 1 t dried oregano or basil
- dash of Tabasco
- $\frac{1}{2}$ lb fresh green beans, ends trimmed and halved
- $\frac{1}{2}$ lb small young carrots, scrubbed and cut in 2" lengths
- $\frac{1}{2}$ lb fresh, small mushrooms, rinsed thoroughly
- salt if desired

In a large shallow pan, combine oil, vinegar, wine, salt, pepper, bay leaf, garlic, herb of choice and Tabasco. Bring mixture to a boil, slowly, then add beans. Cook over medium heat until beans are barely tender, about 7 minutes; remove with slotted spoon and transfer to refrigerator container. Return liquid to a boil and add carrots; cook until barely tender, about 8 minutes. Remove with a slotted spoon and add to beans in container. Return liquid to boil and add mushroom caps; cook for about 2 minutes. Remove with slotted spoon and add to beans and carrots. Pour liquid over vegetables and bring to room temperature. Add salt if desired. Refrigerate until well chilled. To serve, drain vegetables. Serves 4–6.

*This recipe can be doubled or tripled for a great summer buffet side dish. Also, liquid can be strained and used to cook other vegetables another day.

Kathy Hannah • Richmond, VA

Shoe Peg Casserole

- 2 pkg frozen green beans (french cut)
- 1 16 oz can shoe peg corn
- ½ C onion, chopped
- ½ C celery, chopped
- 1 roll Ritz crackers (crushed)
- ½ stick butter (melted)
- ¼ C green pepper, chopped
- 1 can cream of celery soup
- 8 oz grated sharp cheddar cheese
- 1 C sour cream

Mix in large bowl, beans, corn, onion, celery, pepper, soup, sour cream and cheese. Lightly grease large baking dish, 13 x 9". Pour mixture into baking dish. Top with mixture of Ritz crackers and melted butter. Bake 350° for 1 hour.

Denise Devoe • Virginia Beach, VA

Ratatouille

- 2 medium onions, sliced
- 2 cloves garlic, chopped
- ¼ C olive oil (or vegetable oil)
- 2 small zucchini, cut in ½" pieces
- 3 tomatoes, peeled and diced
- ½ t basil leaves
- 1 small eggplant, peeled and cut into 1" cubes
- 1 large green pepper, cut in strips
- 2 T chopped parsley
- ½ t pepper

Cook onions and garlic in hot oil in bottom of Dutch oven. Add remaining ingredients. Cover and cook 15 minutes. Uncover and cook until vegetables are tender and juice is thickened. Stir occasionally. (Will freeze)

Serves 4.

Joan Rexinger • Richmond, VA

Vegetable Medley

Cooking Time: 7 to 8 minutes

Standing Time: 3 to 5 minutes

Cooking Utensil: 2 qt rectangular dish

- ½ pound broccoli
- ½ medium head cauliflower
- 1 medium zucchini
- 1 medium yellow squash
- 4 oz fresh mushrooms
- ½ medium onion
- ¼ cup margarine
- 2 T lemon juice
- ¼ t salt
- ⅛ t garlic powder
- ⅛ t thyme or basil

Trim broccoli using only tender upper portion of stalk and flower portion. Cut into 1½" pieces. Cut cauliflower into 1½" pieces. Slice zucchini, yellow squash and mushrooms into ¼" slices. Slice onion into rings.

Alternate broccoli and cauliflower around outside of dish. Arrange yellow squash, then zucchini and mushrooms in center. Arrange onion rings over the top.

Cover with plastic wrap, turning wrap back ¼" on one edge to vent. Microcook on HIGH 6 minutes.

Melt Margarine on MEDIUM HIGH (70%) 1 minute. Stir in lemon juice, garlic, salt and herbs. Pour over vegetables. Cover. Microcook on HIGH 1 to 2 minutes.

Let stand. Serves 6-8.

From *"The Microwave Touch"* by Galen Hill

Cooks' Quips

Let raw potatoes stand in ice water for at least 30 minutes before frying to make them crispier.

Use a greased muffin tin as a mold to keep stuffed green peppers upright.

A little milk added to the water when cooking cauliflower will help to keep it white.

When cooking cabbage, place a small cup, half filled with vinegar on the stove near the cabbage and it will absorb all odor from it.

Rice Casserole

- 1 can beef consomme
- 1 C long grain rice
- 1 4-oz can button mushrooms
- 1 medium onion, chopped
- 2 T butter
- ½ soup can water

Combine all ingredients in 10 x 6" baking dish. Sprinkle with seasoning salt. Bake 350° for 1 hour. Stir after 15 minutes.

Serves 4-6

Carol Hutton • Chattanooga, TN

Rice Trio

- 1 10-oz can cream of mushroom soup
- 1 10-oz can cream of chicken soup
- 1 10-oz can cream of celery soup
- 1 6-oz box Uncle Ben's Brown & Wild rice
- 1 soup can of milk

Mix all ingredients together; bake in a 9 x 13" baking dish for 2 hours at 350°. Stir occasionally.

David Russell • Louisville, KY

Wildrice Holiday Casserole

- 2 pkgs Uncle Ben's Long Grain and Wild Rice
- 1 can cream of chicken soup
- ¾ C dry white wine
- 2 4-oz cans sliced mushrooms, drained
- 1½ lb cooked shrimp, chopped or whole
- parsley to garnish

Cook rice according to package directions. Stir in soup and wine. Heat through and fold in mushrooms and shrimp. Turn into greased casserole and bake at 350° for 15-20 minutes. Garnish with parsley.

Serves 8.

Jan Domogala • Raleigh, NC

Gwen's Rice

- 1 C raw rice
- 1 can French onion soup
- 1 can beef consomme
- ½ stick butter

Mix rice and soups together (soups undiluted). Cover and bake at 350° for about an hour.

Marlene Rivas • Richmond, VA

Oven Fried Rice

- 1 soup can of white rice
- 2 cans beef consomme
- 1 medium green pepper
- 1 medium onion, sliced
- 1 small can of mushrooms, drained

Sliced onions, mushrooms and green peppers set aside. In baking dish place 1 can of consomme. Using soup can as a measuring device, add one can of rice, peppers, onions, and mushrooms. Add 2nd can of consomme and ½ can of water. Bake in 350° oven for 50 minutes. Serves 5.

Mary King • Norfolk, VA

Diane's Microwave Red Rice

- 2 qt glass covered baking dish
- 2 C tomato sauce or
blended tomatoes
- 1 C long grain rice
- ½ t sugar
- ½ t salt
- ½ t pepper (or to taste)
- 2 T bacon grease (from frying
2 slices of bacon)
- Reserve bacon

Sauté onion in bacon grease 1 minute on HIGH power level. Add tomatoes or sauce, sugar, salt and pepper. Cook 5 minutes on HIGH. Add rice, cook 18–20 minutes MEDIUM. Wait 2–5 minutes. Stir. Crumble bacon on top and serve.

Serves 4–6

Diane Ilderton • Chattanooga, TN

Mexican Hominy

- 2 cans hominy
- 1 can cream of mushroom soup
- 2 small cans of green chilies
chopped
- 1 C grated cheddar cheese

Mix all ingredients together. Bake at 350° (Can sprinkle cheddar cheese on top just before baking, too)

Lila Robertson • Abilene, TX

Noodles and Cabbage (Kluski i Kopusta)

- ¼ C margarine
- 1 8-oz pkg egg noodles
- small head cabbage, chopped
- salt, pepper to taste

Cook noodles as directed on package. Melt margarine (or butter) in large skillet. Add cabbage, sauté until tender and just starting to brown, about 15 minutes. Stir in cooked noodles and heat until warm. Makes a great side dish with pork.

Ruth Balla • Raleigh, NC

Brown Rice

- 1 stick butter
- 1 C Uncle Ben's Converted Rice
- 1 onion, chopped fine
- 2 cans beef consomme
- 1 medium size can mushrooms
(drained)

Brown rice slowly in butter and add onion. Put in casserole dish and add consomme and mushrooms. Bake at 325° covered, for 1 hour. Do not remove cover while baking. Stir well before placing in oven.

Great and Easy!

Carol Beercheck • Los Angeles, CA

Mostaccioli Mosta "Quick"

- 1 lb lean ground beef
- 1 C onion, chopped
- 1 16-oz can tomatoes, cut up
- 2 8-oz cans tomato sauce
- 1 C chopped California olives
- 1/4 C grated Parmesan cheese
- 1 t salt (seasoned)
- 1/2 t oregano leaves
- 1/4 t crushed red pepper
- 1 pkg Creamette Mostaccioli
- 2 T soft butter
- 1 C grated mozzarella cheese

In large skillet, cook ground beef and onion; drain fat. Add tomatoes, tomato sauce, olives, Parmesan cheese and seasoned salt. Add oregano and pepper, simmer 15 minutes. Prepare Mostaccioli according to package directions, drain. Toss with softened butter. Arrange in a 3 qt shallow baking dish. Pour meat sauce over Mostaccioli, top with mozzarella. Place in broiler 2–3 minutes or until cheese melts.

Serves 8–10.

Carol Beercheck • Los Angeles, CA

Fettucine Alfredo

- 1/2 C sweet butter
- 1 pt heavy cream for whipping
- 1 C grated Parmesan cheese
- salt and pepper
- 3/4 to 1 lb Fettucine noodles

Melt butter slowly in saucepan. Add cream and Parmesan cheese. Blend well with wire whisk on very low heat. It should not boil. Pour over hot cooked noodles, top with additional Parmesan cheese.

Carol Beercheck • Los Angeles, CA

Individual Spinach Lasagne

12 lasagne noodles
1 medium onion, chopped
1 16-oz carton cottage cheese
salt
pepper
garlic
2 10-oz pkgs chopped frozen spinach
2 T butter
1 C spaghetti sauce
Parmesan cheese
oregano

Cook spinach as directed. Cool and squeeze until as dry as possible. Sauté onion in butter; add drained spinach. Season with salt, pepper, oregano and garlic powder to taste. Using 1 T of spinach mixture and 1 T cottage cheese as filling, spread on 1 lasagne noodle. Sprinkle liberally with Parmesan cheese. Starting at one end, roll up lasagne, place in a casserole dish. Spoon about 1 T spaghetti sauce over top. Repeat with remaining lasagne noodles. Pour over any remaining sauce. Bake about 20 minutes at 350°.

Thelma Shapiro • Richmond, VA

Spaghetti With Quick Skillet Meat Sauce

1 lb ground chuck (thawed or frozen)
1 t salt
1 t sugar
1 t oregano
½ t basil leaves
¼ t garlic powder
⅛ t ground black pepper
1 bay leaf
1 1-lb, 12-oz can tomatoes
2 8-oz cans tomato sauce
½ C water

In large skillet over moderate high heat brown ground chuck until it loses its pink color, breaking it up with a large spoon as it cooks. Stir in salt, sugar, oregano, basil, garlic powder, pepper, bay leaf, tomatoes, tomato sauce and water. Bring to boil, stirring; reduce heat and simmer, covered, 15 minutes. Serve over cooked spaghetti.

Serves 6.

Ilene Decker • Thousand Oaks, CA

Baked Spaghetti

- 1 medium onion, chopped
- 1 2.5-oz can mushrooms, drained
- 1 T butter
- 1 lb ground beef
- 2 8-oz cans tomato sauce
- grated Parmesan cheese
- 1½ C water
- 1½ t Italian seasonings
- 1 t garlic salt
- ¼ t pepper
- ¼ lb uncooked spaghetti broken in half

Combine onion, mushrooms and butter in 2 qt casserole. Microwave on High (100%) for 3–4 minutes or until onion is tender. Place ground beef in casserole. Cover with waxed paper. Microwave on High 6–8 minutes or until meat is pink in center. Stir half way through cooking cycle. Drain off excess fat. Stir in tomato sauce, water, Italian seasonings, garlic salt and pepper. Cover. Microwave on High for 4–5 minutes or until hot and bubbly. Stir in spaghetti. Cover with tight fitting lid or plastic wrap. Microwave on Medium (50%) for 25–30 minutes or until spaghetti is tender. Stir several times during cooking. Sprinkle with Parmesan cheese before serving.

Serves 6.

Lynn Walker • Charleston, SC

Pasta With Oil and Garlic

- ½ lb uncooked pasta
- ⅓ C olive oil
- 3 medium garlic cloves, minced
- ¼ C fresh parsley, chopped
- ½ t salt
- ⅓ t pepper
- ½ C freshly grated Parmesan cheese

Cook the pasta in a large pot of boiling salted water until al dente, 6–12 minutes; drain well. Keep warm. Heat oil in a skillet over low heat. Add garlic and cook gently until light gold 2–3 minutes. Remove pan from heat. Stir in parsley, salt and pepper. Add hot pasta to skillet. Toss to coat evenly. Serve immediately with cheese to sprinkle.

Ann Aldrich • Richmond, VA

Sailboat Spaghetti

- 1 eggplant, diced
- 1 zucchini, diced
- 1 onion, diced
- 2 large tomatoes, diced
- 1 head of cauliflower broken into florets (or broccoli)
- 1 t oregano
- ½ C olive oil
- grated Parmesan cheese (or Romano)
- ½ lb shrimp or lobster (cooked)

Place all ingredients, except cheese and shellfish, in large pot and sauté, just until cooked. Add cheese and shellfish to taste and serve over cooked pasta.

Janet Barr • New York

Macaroni and Cheese

- 1 7-oz box elbow macaroni, cooked and hot
- 1 8-oz box Velveeta cheese, cubed
- 1 12-oz can evaporated milk
- 3–4 T butter

In a small glass bowl, put cheese, milk and butter. Melt in microwave on LOW until blended and hot, about 5 minutes. Stir twice during cooking. Pour over hot noodles. Let stand a few minutes before serving.

Carol Beercheck • Los Angeles, CA

Stuffed Shells

- 1 small carton cottage cheese
- 1 egg
- 1 box large shell macaroni
- 1 small jar Ragu spaghetti sauce
- 1 large jar Ragu Italian cooking sauce
- 1 pkg frozen creamed spinach
- 1 8-oz pkg shredded mozzarella cheese
- 1 lb ground beef, cooked and drained

Mix sauces, add cooked ground beef. Cook spinach as directed on package and cool. Cook shells as directed on package. Mix spinach, egg, cottage cheese and half the mozzarella. Stuff cooked shells with the spinach mixture and place in a large casserole dish, 9 x 13 in. Pour combined sauces over shells, top with remaining mozzarella. Bake at 350° for 30 minutes.

Nancy Fazioli • Richmond, VA

Lasagne

- 1 lb lean ground beef
- $\frac{1}{8}$ t garlic powder
- 2 T whole basil
- $1\frac{1}{2}$ t salt
- 1 16-oz can tomatoes
- 1 15-oz can tomato sauce
- 1 lb thin mozzarella slices
- 2 eggs
- 3 C Ricotta cheese
- $\frac{1}{2}$ C Romano cheese
- 2 T parsley flakes
- 1 t salt
- $\frac{1}{2}$ t pepper
- 1 10-oz lasagne noodles

Brown meat and drain. Add garlic powder, basil, salt, tomatoes and tomato sauce. Simmer uncovered for 30 minutes. Beat eggs, adding cheeses (except mozzarella) to make cheese filling. Boil noodles in salted water according to package directions. Drain. Layer half of noodles in 13 x 9 x 2" baking dish. Alternate layers of noodles, half cheese mixture, mozzarella and meat sauce. Repeat. Bake at 375° for 30 minutes (45 if refrigerated).

Serves 8-10.

Pam John • Nashville, TN

Macaroni Cheese Deluxe

- 1 7-oz pkg of elbow macaroni
- 1 C sour cream
- $\frac{3}{4}$ t salt
- 8 oz (2 C) grated American cheese
- paprika
- 2 C cottage cheese
- 1 slightly beaten egg
- dash of pepper

Cook macaroni and drain well. Combine cottage cheese, sour cream, egg, salt, and pepper. Add grated cheese and mix well. Stir in macaroni. Turn into greased 9 x 9 x 2 inch baking dish. Sprinkle with paprika. Bake at 350° for 45 minutes. Serves 6 to 8 guests.

Mary Wagner • Richmond, VA

Meat Sauced Manicotti

- 1 lb mild or hot Italian sausage links
- 1 lb ground beef
- 1 medium onion, diced
- 1 30-oz can tomato puree
- 1 6-oz can tomato paste
- 1 t sugar
- $\frac{1}{2}$ t pepper
- $\frac{3}{4}$ t basil
- $\frac{1}{4}$ C water
- $1\frac{1}{2}$ t salt
- 1 8-oz pkg mozzarella cheese (diced)
- 1 8-oz pkg manicotti shells (16 shells)
- 2 15- or 16-oz ricotta cheese (4 cups)
- 2 T chopped parsley
- grated Parmesan cheese

About $2\frac{1}{2}$ hours before serving:

In 5 qt Dutch oven over medium heat, combine sausage and water. Cook until boiling. Cover and cook 5 minutes. Remove cover. Continue cooking until water evaporates and sausage links are well browned. With slotted spoon, remove sausage links to paper towels to drain. Refrigerate. In drippings remaining in Dutch oven, cook ground beef and onion on high heat. Cook until beef is well browned and onion is tender. Stir frequently. Stir in tomato puree, tomato paste, sugar, pepper, 1 t of basil, 1 t salt and 1 C water; heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally. Cut sausage into bite size pieces; add to tomato mixture; cook 15 minutes longer, stirring occasionally. Remove Dutch oven from heat; skim off fat from sauce in Dutch oven. Cook manicotti shells the minimum amount of time as label directs until al dente. Drain cooked manicotti immediately under warm running water to stop cooking, drain again. Preheat oven to 375° . In large bowl, combine ricotta and mozzarella cheeses, parsley, $\frac{3}{4}$ t basil and $\frac{1}{2}$ t salt. Using pastry bag without tip, or with spoon, fill cooked manicotti shells with cheese mixture. Spoon $\frac{2}{3}$ of meat sauce into 9" baking dish. Arrange stuffed shells over sauce in one layer, overlapping them slightly if necessary. Top with remaining meat sauce. Sprinkle with Parmesan cheese. Bake 30 minutes at 350° .

Serves 8.

Dorothy Bernstein • Jericho, NY

Almond Poppy Seed Noodles

- 1 C mayonnaise
- 1½ C blanched, slivered almonds, chopped
- ½ C poppy seeds
- ¾ t salt
- 2 8-oz pkg noodles

Melt margarine slowly so that it does not brown. Add almonds and sauté slowly until golden. Stir in poppy seeds and salt. Cook noodles according to package directions; drain. Turn back into pan in which they were cooked, pour almond mixture on them; mix lightly.

Serves 4–6.

Joan Rexinger • Richmond, VA

Pasta Primavera

- 1 lb zucchini, trimmed and sliced
- 1 lb tomatoes, chopped and seeded
- 1 lb fresh mushrooms, sliced
- 3 T oil
- 3 bunches green onions
- 2 t parsley, chopped
- 2 T basil
- 1 small garlic clove, minced
- 1½ T mixed Italian seasoning
- 1 C cooked, chopped broccoli
- 1 lb spinach noodles
- 1 C grated mozzarella cheese

Heat oil in a large skillet. Sauté zucchini, tomatoes and mushrooms for 5 minutes with the lid on, stirring frequently. Cut green onions into ½" pieces, including green tops; add to skillet. Add parsley, basil, garlic and seasoning. Mix well and cook for an additional 10 minutes with the lid on. Cook noodles as directed on package and drain. Add noodles to vegetable mixture; toss well. Keeping skillet on lowest heat, add mozzarella, toss again. Serve in warm bowls. For a zestier flavor, add more Italian seasoning during cooking.

Mary Ann Bryant • Louisville, KY

Rich Homemade Rolls

- 1½ pkgs active dry yeast
- ¼ C water
- 1 egg
- 1 C milk, scalded
- ½ C sugar
- ½ C shortening
- 1 t salt
- 3½ C bread flour (all purpose may be used, but bread flour makes rolls softer)

Soften yeast in warm water. Scald milk; pour into bowl. Add sugar, shortening and salt. Cool to lukewarm. Add 1 C flour. Beat in softened yeast and egg. Gradually add remaining flour until soft dough forms, beating well. Rub some shortening onto hands, pick up dough and lightly roll into a ball. Place into greased bowl, making certain that dough is lightly greased on all surfaces. Cover and let rise until double. Punch down and let rise again. Turn onto lightly floured surface and shape as desired. Let rolls rise until double. Bake at 400° for about 15 minutes.

Renee N. Jones • Richmond, VA

Onion Bread

- 1 C milk, scalded
- 3 T sugar
- 1½ T butter
- ¾ C warm water
- 1 pkg active dry yeast
- 1 envelope onion soup mix
- 4 C flour

In medium size bowl, mix milk and butter. Cook until lukewarm. Dissolve yeast in water. Put yeast mixture into milk mixture; add soup and flour, beat 2 minutes. Cover bowl and let rise in warm place until double in size, about 45 minutes. Heat oven to 375°. Beat down bread to about ½ size. Turn out into a greased 1½ qt casserole or 9 x 5 x 3" loaf pan. Bake 1 hour.

Ruby Thornsby • Virginia Beach, VA

Dilly Bread

- 1 pkg active dry yeast
- ¼ C warm water (110-115°)
- 1 C large curd cottage cheese
- 2 T sugar
- 1 T instant minced onion
- 1 T butter
- 2 t dried dill
- 1 t salt
- ¼ t baking soda
- 1 egg, beaten
- 2¼-2½ C sifted flour

Sprinkle yeast over warm water, stir to dissolve. Heat cheese to lukewarm and combine in bowl with sugar, onion, butter, dill, salt, soda, egg and yeast. Add flour, a little at a time to make a stiff batter, beating well after each addition. Cover and let rise until double, 50-60 minutes. Stir down with 25 vigorous strokes. Turn into well greased casserole (1½ qt). Cover and let rise in a warm place 30-40 minutes or until almost double. Bake at 350° 40-50 minutes until rich brown and sounds hollow when tapped lightly with fingers. Cover with foil the last 15 minutes to prevent excessive browning, if necessary. Remove from pan and cool on wire rack.

Kathy Hannah • Richmond, VA

Zucchini Bread

- 3 eggs
- 2 C sugar
- 1 C vegetable oil
- 1 T vanilla extract
- 2 C grated, well drained zucchini
- 2 C flour
- 3 t cinnamon
- 2 t baking soda
- 1 t salt
- ¼ t baking powder
- 1 C chopped nuts (optional)

Beat eggs until frothy. Beat in sugar, oil and vanilla. Beat mixture until it becomes lemon colored. Stir in zucchini; add flour, cinnamon, soda, salt and baking powder. Fold in nuts. Pour into 2 greased 9 x 5 x 3" loaf pans, bake at 350° for 1 hour or until toothpick poked in center comes out clean. Cool in pan 10 minutes, invert on rack to finish cooling. Makes 2 loaves.

Frances H. Martin • Ashland, VA

Cherry Streusel Coffee Cake

Batter

1½ C flour
1½ t baking powder
½ t salt
⅓ C milk
1 C cherry pie filling
¼ C butter
½ C sugar
1 egg
1 t vanilla

Topping

2 T butter
⅓ C flour
¼ C sugar
½ t cinnamon

Preheat oven to 350°. Grease and flour a 9 x 9" pan. Sift dry ingredients, set aside. Cream butter and sugar; add egg and vanilla. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Put ½ of batter in prepared pan. Spoon pie filling over batter. Drop remaining batter by spoonfuls over cherries. Combine all topping ingredients, sprinkle over batter. Bake about 45 minutes.

Nancy Kopf • Richmond, VA

Pizza Crust

1 T dry yeast
1 T sugar
2 T vegetable oil
1 t salt
1 C very warm water
2½ C flour

Combine first 5 ingredients and allow to set for 5 minutes. Add flour to yeast mixture; beat for 20 strokes with a wooden spoon until flour forms a dough ball. Allow to rise 20 minutes—covered. Roll and place on a greased pan. Fix pizza as desired with sauce and toppings. Bake at 400° for 20 minutes.

Marcia Karg • Hickory Hollow, TN

Pumpkin Bread

- ¾ C butter or margarine
- 2½ C sugar
- 4 eggs
- 1 16 oz can pumpkin
- ⅓ C water
- 3½ C flour
- 2 t baking soda
- 1½ t salt
- 1½ t baking powder
- 1 t cinnamon
- 1 t ground cloves
- ⅓ C chopped nuts
- ½ C maraschino cherries, drained and chopped (optional)

Cream butter and sugar in a large bowl. Add eggs, one at a time, beating thoroughly. Mix in pumpkin and water. In a separate bowl, combine dry ingredients and spices, mixing well. Add dry ingredients to pumpkin mixture a little at a time until thoroughly blended. Stir in nuts and cherries. Grease and flour 2 9 x 5 x 3 in loaf pans. Divide batter, pouring half into each pan. Bake at 350° for 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Take from pans and continue cooling on racks. Serve cold with whipped cream cheese or butter.

Anita Gaumer • Los Angeles, CA

Dapple Apple Bread

- 1½ C vegetable oil
- 2 C sugar
- 3 eggs
- 1 t salt
- 2 t vanilla extract
- 3 C flour
- 1 t baking soda
- 1 C black walnuts
- ½ C raisins
- heaping t cinnamon
- 3 C peeled, chopped apples

Beat eggs, sugar and oil together. Add sifted dry ingredients. Add vanilla, nuts and chopped apples; mix well. Bake at 350° for 1 hour, 15 minutes in either a 10" tube pan or 2 greased and floured loaf pans. Remove from oven and spread with Topping.

Topping

½ C butter
1 C firmly packed brown sugar
¼ C milk

Mix all together in a saucepan; bring to a boil. Cook over medium heat for 3 minutes. Spoon over warm bread.

Barbara Stanton Appleby • Richmond, VA

Sour Cream Coffee Cake

Topping

½ C chopped nuts
2 T sugar
½ t cinnamon

Batter

½ C butter
1½ C sugar
2 eggs, beaten
1 C sour cream
1 t vanilla extract
1½ C flour
1 t baking powder
½ t baking soda

Mix topping ingredients; set aside. Cream butter and sugar; add eggs, sour cream and vanilla. Add dry ingredients. Place ½ batter in a greased 9" tube pan. Sprinkle with ½ the topping. Spread remaining batter over topping, then sprinkle with remaining topping. Bake 1 hour at 350°.

Marion Smith • Nashville, TN

Crunch Cake

Topping

½ C *real* butter
 ⅓ C sugar
 1 C finely chopped pecans
 1½ C crushed vanilla wafers

Batter

1 C butter
 2 C sugar
 4 eggs
 1 C milk
 1½ t vanilla extract
 2½ C sifted cake flour
 1½ t baking powder
 ½ t salt

Mix topping ingredients. Grease two 9 x 5" loaf pans. Pat ½ of topping on bottom and sides of each loaf pan. Cream butter and sugar until very light and fluffy, about 5 minutes. Add eggs, one at a time, and beat well after each addition. This is very important. Mix vanilla with milk and add alternately with sifted dry ingredients. Bake in prepared pans at 350° for 1-1¼ hours. Turn out onto racks to cool.

Laurie Chalifoux • Richmond, VA

Great Grandma Tar's Raised Doughnuts (Hungarian Fánk)

6 egg yolks
 4 C flour
 ½ C sugar
 ½ C sour cream
 ¼ C butter
 1 t salt
 1½ C milk
 1½ yeast cakes
 1 t vanilla

Scald milk; add butter, salt, sugar. Let stand until lukewarm. Crumble yeast. Add to milk mixture. Add sour cream, and flour. Knead until smooth. Set aside and let it rise 1½ hours. Roll out on board. Let rise for one hour. Fry in deep fat until light brown. Serve dusted with powdered sugar, or as desired, ie. chocolate frosting, raspberry jam, cinnamon and granulated sugar.

Ilene Decker • Thousand Oaks, CA

Kuchen

- ½ C milk
- 4 T butter or margarine
- ¼ C sugar
- 1 t salt
- 1 pkg active dry yeast
- ¼ C warm water
- 2 eggs
- 3½ C flour

Scald milk; add butter, sugar and salt. Dissolve yeast in the warm water. Add yeast mixture to the milk mixture. Beat in eggs. Blend in flour. Cover and put in a warm place for 1-1½ hours, until double in bulk. Turn out onto floured board and roll to fit a large, greased cookie sheet or two 9" greased cake pans. Pinch the edges to form sides. Put in a warm place again for 45 minutes to 1 hour, or until double in bulk. Meanwhile, prepare desired Topping. Spread topping on dough after the second rising. Bake at 350° for 25-30 minutes.

Butter Topping

- ½ C butter
- 1 C sugar
- 3 eggs
- ½ t milk
- ¼ C chopped pecans (optional)

Melt butter, cool. Stir in sugar; beat in eggs, vanilla and nuts.

Cheese Topping

- 8 oz cream cheese, softened
- 3 eggs
- ½ C sugar
- ¼ t cinnamon
- 1 8-oz can crushed pineapple, drained (optional)

Cream sugar and cheese. Beat in eggs and cinnamon. Fold in pineapple.

Becky McClain • Louisville, KY

Poppy Seed Coffee Cake

1 C margarine
 1½ C sugar, divided
 4 egg yolks
 2½ C flour
 1 t baking soda
 1 t baking powder
 ½ t salt
 1 C buttermilk
 1 2-oz can poppy seed
 1 t almond extract
 4 egg whites, beaten stiff
 ½ sugar
 1 t cinnamon

Mix ½ C sugar and cinnamon; set aside. Soak poppy seed in almond extract and milk; set aside. Cream butter and sugar. Add yolks. Add dry ingredients alternately with buttermilk, beating well after each addition. Fold in egg whites. Pour ½ batter into a greased, 10" tube pan. Sprinkle with ½ the sugar-cinnamon mixture. Add remaining batter and sprinkle remaining cinnamon-sugar on top. Bake at 350° for 1 hour or until center of cake comes clean when tested with a toothpick.

Marlene Rivas • Richmond, VA

Quick Doughnuts

oil for deep frying
 2 cans buttermilk biscuits

Cut hole in center of biscuits with doughnut hole cutter. Deep fat fry (365°) biscuit rings and holes until golden brown, turning once. Drain on paper towels. Frost or glaze as desired. For sugared doughnuts; put 1 C sugar in a brown paper lunch bag and shake hot doughnuts until covered

Charla Hamaker • Richmond, VA

Sour Cream Coffee Cake

Filling

- ½ C chopped nuts
- ¾ C raisins
- ½ C sugar
- 1 T cinnamon

Batter

- 1 C butter
- 2 C sugar
- 4 eggs
- 2 t vanilla extract
- 1 pt sour cream
- 3 C flour
- 2 t baking soda

Make batter. Cream butter and sugar; add eggs and vanilla. Beat in flour, soda and sour cream until smooth. Put ½ batter in a well greased Bundt pan. Mix together the filling ingredients. Sprinkle ½ filling over batter in pan. Fill pan with remaining batter, follow with remaining filling. Swirl with a knife as if "marbleizing". Bake at 350° for about an hour. Do not attempt to remove from pan until *completely cooled*.

Nancy Kopf • Richmond, VA

Bubble Bread

- 1 pkg (24) frozen Parker House rolls
- ¾ C butter or margarine, divided
- ½ C firmly packed brown sugar
- 1 C white sugar
- 1 t cinnamon
- 1 C chopped pecans
- ½ C maraschino cherries, chopped

Grease a Bundt pan with butter. Melt ¼ C butter and add brown sugar. Pour this mixture into bottom of prepared pan; sprinkle with nuts and cherries. Melt remaining ½ C butter. Mix white sugar and cinnamon. Separate dough into individual rolls. Roll each piece, first in melted butter, then in sugar-cinnamon mixture, covering completely. Drop rolls in prepared pan at random. Cover and let rise at room temperature over night. Cook the next morning at 375° for 30-35 minutes or until golden brown. Turn onto serving plate and serve immediately.

Janet Rivas • Richmond, VA

Raisin Nut Strudel

4 C flour
 3 t baking powder
 ½ t salt
 ¾ C sugar
 ½ vegetable oil
 ¼ C margarine, melted
 ¼ C orange juice
 1 t vanilla
 3 eggs
 ⅓ C tart jelly
 1 C soft white raisins
 1 C chopped nuts
 12 maraschino cherries, diced
 ¼ C sugar
 1 t cinnamon
 1 egg white, slightly beaten

Sift first three ingredients into a bowl; add ¾ C sugar. Make a well in the center of dry ingredients and add oil, margarine, orange juice, vanilla and egg; mix to form a soft dough. Knead a few times on floured board to form a smooth dough. Cut into 4 even pieces. Roll each piece to form a circle, ¼" thick. Spread each with a thin coat of jelly. Sprinkle with raisins, nuts and cherries. Mix the ¼ C sugar and cinnamon. Sprinkle some lightly over fruits and nuts. Roll tightly, jelly roll style and put on greased cookie sheet. Prick with a fork and brush with beaten egg white. Sprinkle remaining cinnamon-sugar mixture over each roll. Bake at 350° for 45 minutes or until brown. Cool. Cut into slices. Makes 4 8" rolls.

Anne Olshansky • Richmond, VA

Beer Bread

3 C self rising flour
 1 t salt
 1 12 oz can Coor's beer at room temperature

Mix all ingredients together and pour all into a well greased loaf pan, 9 x 5". Bake at 350° for about 45-50 minutes.

Connie Krost • Los Angeles, CA

Banana Nut Bread

- $\frac{3}{4}$ C butter or margarine
- $1\frac{1}{2}$ C sugar
- 3 medium bananas, mashed
- 2 eggs, well beaten
- 1 t vanilla extract
- 2 C flour, sifted
- 1 t baking soda
- $\frac{3}{4}$ t salt
- $\frac{1}{2}$ C buttermilk or sour milk
- $\frac{3}{4}$ C chopped walnuts

Cream butter and sugar thoroughly. Blend in bananas, eggs and vanilla. Sift flour, baking soda and salt together. Add to banana mixture, alternating with buttermilk. Mix well after each addition. Fold in nuts. Pour batter into greased and floured 9 x 5 x 3" loaf pan. Bake at 325° for 1 $\frac{1}{4}$ hours or until done.

Sandy Gillum • Richmond, VA

Limitless Bran Muffins

- $2\frac{1}{2}$ C firmly packed brown sugar
- 1 C plus 3 T vegetable oil
- 4 eggs
- 1 qt buttermilk
- 2 C 100% bran flakes
- 2 C boiling water
- 4 C bran buds (or use a combination of oatmeal, grape nuts, wheat germ)
- 6 C flours (white, whole wheat, rye)
- 5 t baking soda
- 2 t salt

Optional: chopped nuts, crushed pineapple, bananas or applesauce. Pour boiling water over all the bran. Cream sugar, oil and eggs. Add buttermilk and blend. Add bran mixture to creamed ingredients. Sift in flour and salt. Mix well. Add soda. Pour into muffin tins, bake at 400° for 16-19 minutes. Batter can be stored up to 6 weeks in refrigerator.

Ilene Decker • Thousand Oaks, CA

Crumb Coffee Cake

Topping

1/3 C firmly packed brown sugar
 3 T flour
 1 t cinnamon
 2 T butter
 1/2 C chopped nuts

Cake

2 C flour
 2 1/4 t baking powder
 3/4 C sugar
 3/4 t salt
 2 eggs
 1/2 C milk
 1/2 C vegetable oil

Make topping. Cut butter into brown sugar, add flour, cinnamon and nuts. Keep cutting in until mixture resembles coarse meal. Make cake. Sift flour, baking powder, sugar, salt. Combine eggs, milk and oil. Stir liquid ingredients into dry ingredients until blended. Turn batter into greased 9 x 9" or 9" round pan. Spoon crumb topping over batter. Bake at 350° for 25-30 minutes.

Fran Gilday • Richmond, VA

Light Bread

1/2 C sugar
 1/2 C shortening
 2 t salt
 1 C hot milk
 2 eggs, beaten
 2 pkg dry active yeast
 1 C warm water
 6-6 1/2 C all purpose flour

In a large mixing bowl, combine sugar, shortening and salt. Add hot milk to soften shortening. Cool. Soften yeast in warm water. Beat in eggs to cooled milk mixture. Add softened yeast to mixture. Add in 4 C flour, beat until smooth enough to add remaining flour to make a soft dough. Turn dough out onto floured surface. Knead 8-10 minutes. Place in greased bowl. Take out roll over greased side up. Cover with tea towel for 1 hour 15 minutes or until double dough's size. Punch down. Rest 10 minutes, then dividing into loaves or rolls. 2" ball makes nice size rolls. Place into greased pans; let rise again. Bake at 400° 15-20 minutes.

Sheryl McDonald • Mesa, AZ

Sweet Monkey Bread

- 1 pkg of 24 frozen roll dough
- 1 3-oz pkg regular butterscotch pudding
- $\frac{1}{2}$ C butter, melted
- $\frac{1}{2}$ C firmly packed brown sugar

The night before: grease a 10" tube pan. Separate rolls. Combine brown sugar and butter. Dip rolls one at a time into butter mixture and layer in the bottom of the tube pan, using 12 of the rolls. Sprinkle the pudding mix over the first layer of rolls. Dip remaining rolls in butter mixture; place on top of first layer. Pour any remaining butter over rolls. Cover and let rise overnight. In the morning, preheat oven to 400°. Bake for 25-30 minutes or until golden brown. If browning too fast, cover with foil for the last 10 minutes of baking.

Mildred Albright • Bethesda, MD

Sweet Monkey Bread Variation

Replace butterscotch pudding with vanilla pudding. Put rolls in a greased Bundt pan. Melt butter; pour over rolls. Mix brown sugar, pudding and $\frac{1}{2}$ C chopped nuts, sprinkle over rolls. Proceed as in Sweet Monkey Bread.

Tina Clements • Tidewater, VA

Zucchini Bread

- 1 C chopped walnuts
- 4 eggs
- 2 C sugar
- 1 C vegetable oil
- $3\frac{1}{2}$ C flour
- 1 t vanilla
- $1\frac{1}{2}$ t salt
- 1 t cinnamon
- $\frac{3}{4}$ t baking powder
- 2 C unpared, grated zucchini
- $1\frac{1}{2}$ t baking soda
- 1 C raisins (optional)

Beat eggs; gradually beat in sugar, then oil. Combine dry ingredients; add to first mixture alternately with zucchini. Stir in nuts, raisins and vanilla. Turn into 2 greased and lightly floured 9 x 5 x 3" loaf pans. Bake on lowest rack of oven at 350° for 55 minutes. This bread freezes well. Makes 2 loaves.

Charla Hamaker • Richmond, VA

Applesauce Bread

- 1¼ C applesauce
- 1 C sugar
- ½ C vegetable oil
- 2 eggs
- 3 T milk
- 2 C sifted flour
- 1 t baking soda
- ½ t baking powder
- ½ t cinnamon
- ¼ t salt
- ¼ t nutmeg
- ¼ t allspice
- ½ C chopped pecans

Topping

- ¼ C chopped pecans
- ¼ C sugar
- ½ t cinnamon

Mix first 5 ingredients thoroughly. Sift together dry ingredients; add to applesauce mixture, beating well. Fold in pecans. Pour into greased 9 x 5 x 3" loaf pan. Mix topping ingredients together and sprinkle over batter. Bake 1 hour at 350°.

Barbara Stanton Appleby • Richmond, VA

Beer Cheese Bread

*this is a recipe we use for "homemade" bread when we go sailing;
the ingredients are mixed and baked in the same pan.*

- 3 C self rising flour
- 3 T sugar
- 1 egg (optional)
- 1 12 oz can light beer
- 1 C grated sharp cheddar cheese

Mix all ingredients in a well greased loaf pan. Bake at 375° for 40-50 minutes. When it comes from the oven, drizzle melted butter over the top. Serve with your favorite cheese.

Caren Lynch • Richmond, VA

Casserole Swedish Rye

- 3½-4 C flour
- 1½ C rye flour
- ⅓ packed dark brown sugar
- 2 t salt
- 1 t caraway seed
- 2 pkgs active dry yeast
- 1 C milk
- 1 C water (try potato or onion)
- 2 T margarine

Combine flours. In a large bowl, thoroughly mix 1½ C flour mixture, sugar, salt and undissolved yeast. Combine milk, water, margarine and caraway seed in a saucepan. Heat until very warm (120°-130°); margarine does not need to melt. Gradually add milk mixture to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add ¾ C flour mixture and beat again for 2 minutes. Stir in enough additional flour mixture to make a stiff dough. If necessary, use additional flour. Cover; let rise in warm place, free from draft, until doubled, about 40 minutes. Stir dough down. Shape with greased hands into a smooth ball and place in a well greased straight-sided 1½ qt casserole. Cover; let rise until double in bulk, 40 minutes. Just before rising time is up, preheat oven to 400°. Bake 40-50 minutes or until top is deep brown and loaf sounds hollow when tapped. Turn out of casserole, cool.

Ilene Decker • Thousand Oaks, CA

Apricot Almond Bread

- 1½ C dried apricots
- 1½ C water
- 2 T soft butter
- ½ C honey or all natural maple syrup
- 1 t salt
- 1½ C white flour (unbleached)
- 1 C wheat flour
- 1 t baking powder
- 1 C chopped almonds
- 1 beaten egg
- 1 t vanilla
- ½ t grated fresh orange rind

Cook apricots in water for 10 minutes (covered, low heat). Cool completely and add butter, syrup and salt. Beat in egg and vanilla. Sift together and spread into buttered loaf pan. Bake at 350° for 1¼ hours. Remove from pan 10 minutes after oven. Cool on rack. Yield 1 large loaf.

Nancy Pereira • Scarsdale, NY

Banana Poppy Seed Bread

2 C flour
2 t baking powder
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t cinnamon
2 very ripe large bananas
1 C sugar
 $\frac{1}{2}$ C butter
2 eggs
1 t grated lemon rind
 $\frac{1}{4}$ C poppy seeds

Sift together flour, baking powder, salt and cinnamon. Slice bananas into blender and whirl until puréed. (You should have about 1 cup.) Cream sugar and butter. Beat in eggs one at a time, then add lemon rind and poppy seeds. Pour into well greased 9 x 5 x 3" loaf pan and bake at 350° for 60-70 minutes or until done. Cool in pan for 10 minutes. Turn out on rack to cool completely.

Ilene Decker • Thousand Oaks, CA

Wellonen Banana Nut Bread

$\frac{2}{3}$ C sugar
 $\frac{1}{3}$ C shortening
2 eggs
3 T buttermilk or sour milk
1 C mashed overripe banana (blackened on the outside)
2 C flour
1 t baking powder
 $\frac{1}{2}$ t baking soda
 $\frac{1}{2}$ t salt
1 C chopped nuts

Mix together, the sugar, shortening and eggs. Stir in the buttermilk and banana. Combine dry ingredients; stir in gently to batter. Fold in nuts. Pour into greased 9 x 5 x 3" loaf pan. Let sit in pan for 20 minutes, then bake at 350° for 1 hour. Thoroughly cool on rack. Store in foil or plastic wrap for a day or overnight before serving.

Erma Seres • Granada Hills, CA

Buchta (nut roll)

- 2 cakes compressed yeast
- 1 T sugar
- 8 C flour
- 3 T sugar
- 1 t salt
- 2 whole eggs, beaten
- 1 C light cream, warmed
- 1 C milk, warmed
- 1 C butter, melted
- 1 t vanilla Extract

Crumble yeast into cup; sprinkle with 1 T sugar which melts yeast; let stand 5 minutes. Sift flour into large bowl; add remaining ingredients; mix well. Knead thoroughly, 8-10 minutes. Cover; let rise in warm place until double in bulk.

Divide dough into 4 equal portions. On a floured board, roll each portion to a ¼" thickness. Spread each with ¼ of the nut filling*; roll up as you would a jelly roll. Place on a greased cookie sheet. Let rise in a warm place until doubled in bulk, about 30 minutes. Bake at 350° for 30-35 minutes.

Nut filling

- 2 C chopped nuts
- ½ C sugar
- a little milk

Mix together until the mixture is a pasty consistency.

Cathy Antos • Los Angeles, CA

Banana Bread or Cake

- 1 C sugar
- ½ C vegetable oil
- 2 eggs
- 3 overripe bananas, mashed
- 2 C flour
- 1 t baking soda
- 1 t salt

Combine sugar, eggs and oil. Add mashed bananas. Add dry ingredients; blend thoroughly. Pour into greased and floured 9 x 5 x 3" loaf pan or 2 greased and floured 8" cake pans. Bake at 375° for 50-60 minutes for loaf pan or 20-25 minutes for round pans.

Pat Lowzinski • Richmond, VA

Cheese Bread

7½ C unsifted flour
 ⅓ C sugar
 1 T salt
 2 pkgs active dry yeast
 2 C water
 ⅔ C milk
 3 C shredded sharp cheddar cheese (¾ lb)
 1 egg white
 1 T water
 sesame seeds

Mix 2½ C flour, sugar, salt and undissolved yeast. Heat water and milk until very warm (120°-130°); add to dry ingredients and beat 2 minutes at medium speed of electric mixer. Add cheese and ½ C flour. Beat at high speed 2 minutes. Stir in enough extra flour to make a stiff dough. On floured board, knead 8-10 minutes. Place in greased bowl; turn to grease top. Cover; let rise in warm place, free from drafts, until doubled in bulk, about 1 hour. Punch dough down; turn out onto board. Cover; let rest 15 minutes. Divide into 6 equal parts. Roll each into a 16" long rope. Braid 3 ropes together. Place in greased 9 x 5 x 3" loaf pan. Repeat with other 3 ropes. Cover; let rise until doubled, about 1 hour. Mix egg white and water, brush on loaves. Sprinkle with sesame seeds. Bake at 375° for 40-45 minutes, or until done. Cover loosely with foil halfway through baking to prevent overbrowning. Cool on wire racks.

Dorothy Bernstein • Jericho, NY

Beer Bread

3 C self rising flour
 ⅓ C sugar
 1 12 oz can beer, room temperature

Mix all ingredients; pour into a greased and floured loaf pan 9 x 5". Bake at 350° for one hour.

Sherry Sharp • Richmond, VA

Pumpkin Tea Bread

- 3 C sugar
- 1 C salad oil
- 3 eggs
- 2 C pumpkin
- 3 C flour
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t baking powder
- 1 t cloves
- 1 t cinnamon
- 1 t nutmeg
- 1 t baking soda

Beat together sugar and oil. Whip in eggs. Stir in pumpkin. Sift together salt, baking powder, flour, cloves, cinnamon, nutmeg and baking soda. Blend in to complete batter.

Line bottom of ungreased tube-center pan with waxed paper. Pour in batter. Bake at 350° for 1 hour-15 minutes. Allow to cool in pan and remove. (Can be toasted or served topped with whipping cream.) (I bake in 1 lb coffee cans after thoroughly greasing & flouring. Rounded loaves are prettier.)

Muriel Perry • Richmond, VA

Cooks' Quips

For a perfect warm place to let your yeast breads rise; preheat your oven for *exactly* one minute at 400°. Turn oven off and place dough to rise, covered in oven.

Try adding 1 t cinnamon to your favorite pancake batter for a delightful change.

Pancakes and waffles stay wonderfully warm if served on warm plates!

Toast your bread before making French Toast. Toast is easier to handle and is never "soggy".

Add $\frac{1}{2}$ t sugar to pancake or waffle batter to aid in browning.

Nut breads are better tasting and will slice easier if tightly covered (in foil or air-tight container) and left to "mellow" for a day before serving.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to the size and shape of the divider and cut. After baking, biscuits will separate at dividing lines.



Special Events

Interchangeable Pan Sizes

Often, a recipe might call for a pan size that is not in your cupboard. Don't despair! Use this handy chart for perfect results.

When the recipe calls for a:

4-C baking dish (1 quart)

6-C baking dish

8-C baking dish

10-C baking dish

12-C baking dish and over

15-C

19-C

You may use instead:

9" pie plate

8 × 1¼" round cake pan

7½ × 3½ × 2¼" loaf pan

8 or 9 × 1½" round cake pan

10" pie plate

8½ × 3½ × 2½" loaf pan

8 × 8 × 2" square pan

11 × 7 × 1½" baking pan

9 × 5 × 3" loaf pan

9 × 9 × 2" square pan

11¾ × 7½ × 1¾" baking pan

15 × 10 × 1" jelly-roll pan

13½ × 8½ × 2" glass baking pan

13 × 9 × 2" metal baking pan

14 × 10½ × 2½" roasting pan

Volume of Various Baking Pans

Tube pans:

7½ × 3" Bundt pan

9 × 3½" Bundt pan

9 × 3½" angel food cake pan

10 × 3¾" Bundt pan

10 × 4" angel food cake pan

6 C

9 C

12 C

12 C

18 C

Spring-Form pans:

8 × 3" pan

9 × 3" pan

12 C

16 C

Ring Molds:

8½ × 2¼" mold

9¼ × 2¾" mold

4½ C

8 C

B.T.S. Cake

- 1 box double-layer yellow cake mix
- 1 6-oz pkg instant vanilla pudding
- 1 8-oz carton Cool-Whip
- 1 20-oz can crushed pineapple and juice
- 1 C sugar
- ½–1 C each, pecans and coconut

Bake cake according to package directions, using a 9 x 13 in. pan. Five minutes before cake is done, combine pineapple and sugar in a sauce pan. Boil 5 minutes, spread on hot cake directly as it comes from the oven. Cool. Make pudding according to package directions; spread on cooled cake. Top with Cool-Whip, pecans then coconut. Better if prepared one day in advance.

Larane Nesbitt • Newbury Park, CA

Italian Cream Cake

- ½ C margarine
- ½ C shortening
- 2 C sugar
- 5 eggs, separated
- 2 C flour
- 1 t baking soda
- 1 C buttermilk
- 1 t vanilla extract
- 1 C flaked coconut
- 1 C chopped walnuts

Cream margarine, shortening and sugar until smooth. Add egg yolks and beat well. Combine flour and soda and add to creamed mixture alternately with buttermilk. Stir in vanilla; add coconut and nuts. Beat egg whites until stiff. Fold whites into yolk mixture. Pour batter into greased and well floured 8" round cake pans. Bake at 350° for 25 minutes or until toothpick comes out clean. Fill and frost with given frosting, sprinkle with chopped pecans.

Frosting

- 1 8-oz pkg cream cheese, softened
- ¼ C margarine
- 1 1-lb box powdered sugar
- 1 t vanilla extract

Beat cheese and margarine until smooth; add sugar, blend well. Add vanilla, beat all until smooth.

Joan Rexinger • Richmond, VA

Dumbo's Dream Cake

a unique children's party cake

- $\frac{2}{3}$ C margarine
- $1\frac{1}{3}$ C sugar
- 2 eggs
- 1 t vanilla
- 2 C flour
- $\frac{1}{2}$ C cocoa
- 4 t baking powder
- 1 t salt
- $1\frac{1}{2}$ C milk
- $\frac{3}{4}$ C flaked coconut
- Fluffy white frosting
- Red food coloring
- *Dumbo Decorations

Cream margarine and sugar until light and fluffy. Blend in eggs and vanilla. Add combined dry ingredients (sifted together) alternately with milk, mixing well after each addition. Fold in coconut. Pour into two greased and floured 9" layer pans. Bake at 350° for 30–35 minutes until a wooden pick inserted in the center comes out clean. Cool 10 minutes; remove from pans. Prepare your favorite fluffy white frosting; tint pink with food coloring. Fill and frost cake layers. Decorate with Dumbo Decorations.

- * For each Dumbo elephant,
 - 3 large marshmallows
 - 7 miniature marshmallows
 - 2 cloves
 - Marshmallow Creme
 - Pipe cleaner
 - Toothpicks

For head and body, fasten the rounded side of a large marshmallow to the rounded edge of another with a toothpick. Bend a 3" pipe cleaner and attach for the tail. For feet, attach 4 miniature marshmallows to underside of body with toothpick pieces. For ears, cut two crosswise slices from a third marshmallow, securing them on both sides of head with dabs of marshmallow creme. Add cloves for eyes. For trunk, thread three miniature marshmallows on a toothpick or pipe cleaner and attach to head.

Velda Walker • Richmond, VA

Japanese Fruit Cake

- 4 eggs
- 1 C butter
- 1 C milk
- 2 C sugar
- 3 C flour
- 2 t baking powder
- 1 t allspice
- 1 t cinnamon
- 1 t nutmeg
- 1 C chopped raisins

Filling and Icing

- 1 14-oz bag shredded coconut (or 2 freshly grated coconuts)
- 2 C water
- 2 T cornstarch
- 2 eggs
- 2¼ C sugar
- Juice and rind of 2 lemons

Mix together butter and sugar; add eggs and beat well. Stir in milk, then add flour and baking powder. Divide batter into 2 equal parts, in separate bowls. Pour contents of one bowl equally into 2 greased 8" round cake pans. Into remaining bowl, mix spices and chopped raisins with batter. Pour the spiced mixture, equally, into 2 greased 8" round pans. Bake all four at 350° for 20–25 minutes. Cool for 10 minutes in pans, remove to wire racks. Make filling and frosting; cook icing ingredients together in a medium saucepan until stiff enough to spread. Alternating light and dark layers, spread icing between layers, frost entire cake.

*If pressed for time, packaged yellow and spice flavored cake mixes may be used instead of making batter from scratch.

Becky McClain • Louisville, KY

Oatmeal Bake

- 1¼ C boiling water
- 1 C oatmeal
- ½ C soft shortening
- 1⅓ C flour
- 1 t baking soda
- 1¼ t cinnamon
- 1 C sugar
- 1 C brown sugar
- 2 eggs
- 1 t salt
- ½ t vanilla
- 1 C chopped nuts (optional)

Pour boiling water over oatmeal and let stand until cool. Cream shortening, sugar and eggs. Sift together flour, soda, salt and cinnamon. Add to creamed mixture. Stir in oatmeal mixture and vanilla. Add nuts, if desired. Place in a greased 9" x 13" pan. Bake at 350° for 30–35 minutes. While cake is baking, make topping:

- 6 T butter, melted
- ½ C brown sugar
- 1 C coconut
- ¼ C milk
- ½ t vanilla

Mix all ingredients well and spread on cake immediately as it comes out of the oven. Let cake cool in pan. Best if left to "age" a day before serving.

Leanne A. Sullivan • Nashville, TN



Goopy Butter Cake

- 1 2-layer size pkg yellow cake mix
- 2 eggs
- ½ C butter

Topping

- 1 8-oz pkg cream cheese, softened
- 1 1-lb box powdered sugar
- 2 eggs

By hand, mix cake mix, 2 eggs and butter; batter will be very thick. Spread in greased 9 x 13" pan. Beat together the topping ingredients and pour over batter. Bake at 350° for 30–40 minutes. When cooled, sprinkle with powdered sugar, cut into squares.

Tina Clements • Tidewater, VA

Hummingbird Cake

- 1 2-layer yellow cake mix
- 3 eggs
- $\frac{1}{3}$ C vegetable oil
- $\frac{2}{3}$ C water
- 1 8-oz can crushed pineapple, undrained
- 2 C chopped bananas
- 1 C chopped pecans

In a large bowl, mix the cake mix, water, eggs and oil. Add pineapple and bananas, fold in nuts; mix well after each addition. Pour into greased and floured 8" or 9" round cake pans. Bake for 35–45 minutes at 350°. Cool; fill and frost with Cream Cheese Frosting.

Cream cheese frosting

- 1 8-oz pkg cream cheese, softened
- $\frac{1}{2}$ C margarine, softened
- 1 1-lb box powdered sugar
- 2 t vanilla extract

Melt margarine and beat in cream cheese. Gradually beat in powdered sugar. Add vanilla and mix well. If mixture is too thick to spread easily, thin with a few drops of warm water.

Elizabeth Elkins • Virginia Beach, VA

Kentucky Pound Cake

- 2½ C sifted self rising flour
- 2 C sugar
- 1½ C vegetable oil
- 4 egg yolks
- 1 C crushed pineapple with juice
- 2 t hot water
- 1½ t cinnamon
- 1 C chopped pecans
- 4 egg whites, beaten until stiff

Beat egg yolks with sugar until light. Add oil. Gently stir in flour and cinnamon, blend well. Mix in pineapple and hot water. Stir in nuts. Gently fold in egg whites. Pour into ungreased tube pan (cake is inclined to stick; suggested to line pan with waxed paper). Bake at 350° for one hour. Let cool a few minutes before turning out onto plate. Serve plain or topped with Cool Whip or whipped cream.

Barbara Hailey • Richmond, VA

Pound Cake

my family's favorite

- 2 sticks margarine
- ½ C shortening
- 3 C sugar
- 5 eggs, unbeaten
- 3 C flour, sifted 3 times
- ½ t baking powder
- ½ t salt
- 1 C milk
- 2 t vanilla

Cream margarine and shortening. Add sugar and beat until well blended. Add eggs, one at a time, beating well after each addition. Sift flour and dry ingredients together. Add to other mixture alternately with milk to which vanilla has been added. Blend thoroughly, turn into greased and lightly floured 10" tube pan. Bake at 300° for about 2 hours. Check the cake about 1¾ hr. (Done when straw inserted in center comes out clean.) Do not overbake! Cool for a short time. With a spatula loosen around edges — then turn out on cake plate.

For variations; add ½ C cocoa to dry ingredients or chopped pecans or walnuts to the batter.

Marlene Rivas • Richmond, VA



Dump Cake

- 1 16-oz can crushed pineapple (do not drain)
- 1 16-oz can cherry pie filling
- 1 2-layer white or yellow cake mix
- 2 sticks margarine
- ½ C chopped walnuts

Mix pineapple and pie filling together in the bottom of a 9 x 13" pan. Sprinkle entire cake mix, straight from the box, over the fruit mixture, covering evenly. Slice margarine sticks in small squares and place in rows on top of cake mix. Sprinkle with nuts. Bake at 350° for about 1 hour or until golden brown. Cool. Always served with whipped cream on the side.

Carol Throckmorton • Doswell, VA

Veronica Bussey • Virginia Beach, VA

Sour Cream Pound Cake with Pineapple-Apple Filling

- 1 2-layer yellow cake mix
- 1 C dairy sour cream
- ½ C vegetable oil
- ¼ C sugar
- ¼ C water
- 4 eggs

In a large bowl, blend cake mix, sour cream, oil, sugar, water and eggs. Beat at high speed 2 minutes. Pour ½ batter in a greased and floured 9 x 13" pan. Carefully place filling over batter; spread remaining batter evenly over filling. Bake at 375° for 45–55 minutes. Recipe can be doubled for a 10 x 15" pan.

Filling

- 1 16-oz Can crushed pineapple, drained
- 1 16-oz can apple pie filling
- or
- 1 C chopped pecans
- 2 T brown sugar
- 2 t cinnamon

With either set of ingredients; mix together, blend well.

Erma Seres • Grenada Hills, CA

Cold Oven Pound Cake

- 1 C margarine, softened
- 3 C sugar
- ½ C vegetable oil
- 1 t coconut flavoring
- 1 t vanilla extract
- 4 eggs at room temperature
- 1 C milk, at room temperature
- 3 C flour
- 1 t baking powder

Cream margarine, oil and sugar; add flavorings and eggs. Add milk. Stir in flour and baking powder, beat on high speed of electric mixer for 5 minutes. Pour into tube pan. **Put into cold oven.** Turn heat to 325°. Bake for 1 hour, 15 minutes.

DO NOT OPEN OVEN while baking!

Janet Rivas • Richmond, VA

Buttermilk Pound Cake

- 1 C Crisco
- 3 C sugar
- 6 eggs
- 1 C buttermilk
- 3 C flour
- $\frac{1}{4}$ t baking soda
- $\frac{1}{2}$ t salt
- 1 t lemon or vanilla extract

Cream together shortening and sugar. Add eggs one at a time and beat well. Sift together dry ingredients. Add dry ingredients and buttermilk alternately to creamed mixture, beating after each addition. Add flavoring and blend well. Pour into a greased and floured tube pan. Bake at 350° for 1 hour, 10 minutes or until toothpick comes out clean.

Lynn Walker • Charleston, SC

Hawaiian Cake

- 1 C butter
- 2 C sugar
- 5 eggs
- 2 t vanilla extract
- 1 C milk
- 4 C graham cracker crumbs
- 1 C pecans
- 1 C coconut
- 1 t baking powder

Cream butter and sugar. Add eggs, one at a time, beating after each addition. Add vanilla. Combine cracker crumbs, nuts, coconut and baking powder. Add dry ingredients alternately with the milk. Pour into a 9 x 13 in. pan. Bake at 325° for 35–45 minutes. Remove cake to a rack to cool for 5 minutes; pour topping over cake, let cool completely.

Topping

- $\frac{1}{2}$ C butter
 - 4 C powdered sugar
 - 1 16-oz can crushed pineapple, drained
- Heat all, stirring until sugar dissolves. Pour over warm cake.

Jeannette Henley • Richmond, VA

Rum Cake

- 1 C chopped pecans or walnuts
- 1 18½-oz yellow cake mix
- 1 3¾-oz pkg instant vanilla pudding mix
- 4 eggs
- ½ C cold water
- ½ C vegetable oil
- ½ C dark rum

Preheat oven to 325°. Grease and flour 10" tube pan or Bundt pan. Sprinkle nuts over bottom of pan. Mix remaining ingredients together. Pour batter into prepared pan. Bake for one hour. Cool. Invert on serving plate. Prick top with fork or skewer. Drizzle **Glaze** evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is all used up.

Glaze

- ½ C butter
- ¼ C water
- 1 C sugar
- ½ C dark rum

Melt butter in saucepan; stir in water and sugar. Boil for 5 minutes, stirring constantly. Remove from heat, stir in rum.

Optional: Decorate with whole maraschino cherries and a border of whipped cream.

Cheryl O. Woods • Los Angeles, CA

Moon-Shaped Cakes

- 1 C sifted flour
- 2 T butter
- 6 eggs, separated
- 1 C flour
- 2 t baking powder
- juice and rind of 1 lemon
- finely ground nuts

Cream butter and sugar. Add egg yolks. Mix well. Add the sifted flour, baking powder, lemon juice and grated rind. Mix well. Beat egg whites until stiff; fold into yolk mixture. Pour into greased and floured 9" square pan. Sprinkle with finely ground nuts. Bake at 350° for 25–30 minutes. Cool. Cut with round cookie cutter, then cut in half with a knife, in the shape of half moons.

Erma Seres • Granada Hills, CA

Coconut Cake

1st day

Mix well, cover tightly and refrigerate:

3 pkgs fresh frozen coconut (or 2 14-oz pkgs shredded)

1 pt sour cream

1¼–1½ C sugar

2nd day

Bake a good 2-layer yellow cake from a mix or from scratch.

Split into 4 layers. Ice when cool with coconut mixture.

Refrigerate.

3rd day

Eat cake and enjoy!

Dianne Caldwell • Richmond, VA

Polynesian Cake

1¼ C vegetable oil

2 C sugar

3 eggs

2 t vanilla extract

2 small jars baby strained carrots

2 C flour

2 t cinnamon

2 t baking soda

1 t salt

1½ C coconut

1 C chopped nuts

1 16-oz can crushed pineapple, drained

Beat together oil, sugar and eggs; add vanilla and strained carrots. In a separate bowl, mix dry ingredients, including coconut. Add dry ingredients to egg mixture, blend well. Add nuts and pineapple. Pour into ungreased 9 x 13 in. pan. Bake for 50 minutes at 350°. Cool and frost; store in refrigerator.

Vanilla Frosting

1 3.5-oz pkg instant vanilla pudding mix

1 C heavy cream

1 C milk

1 t vanilla extract

Beat all together until it thickens enough to spread. Keep refrigerated until ready to use.

Norma Gasparo • Richmond, VA

Pea Pickin' Cake

- 1 2-layer pkg yellow cake mix
- $\frac{1}{2}$ C vegetable oil
- $\frac{1}{2}$ C water
- 2 eggs
- 1 8-oz can mandarin oranges, drained

Combine all ingredients in order given, beating well. Pour into 3 8" round cake pans. Bake at 325° for 30 minutes. Cool. Fill and frost layers with the following icing. Refrigerate.

Icing

- 1 16-oz can crushed pineapple, drained
- 1 3-oz pkg instant vanilla pudding
- 1 8-oz container Cool Whip

Mix pineapple and pudding together and set in refrigerator until thickened. Fold in Cool Whip.

Barbara Hailey • Richmond, VA

Debbie's Pistachio Nut Cake

- 1 pkg Duncan Hines yellow or butter cake mix, 2 layer size
- 1 C dairy sour cream
- 4 eggs, room temperature
- $\frac{1}{2}$ C oil
- $\frac{1}{2}$ C chopped nuts
- 3 t sugar
- 1 t cinnamon
- 1 3-oz pkg Pistachio pudding

Mix cake mix, pudding; add eggs, sour cream, oil. Beat 4 minutes. Batter should be thick. In a small bowl mix nuts, sugar and cinnamon. Pour $\frac{1}{2}$ of cake batter in well greased and floured Bundt pan or tube pan. Sprinkle $\frac{3}{4}$ nut mixture on batter, pour on rest of batter and sprinkle with remaining nut mixture. Bake at 325° for 50–60 minutes. Allow to cool. Dust with sifted powdered sugar.

Debbie Burgess • Richmond, VA

Poppy Seed Cake with Cream Sherry

- 1 2-layer pkg yellow cake mix
- 1 3-oz box instant vanilla pudding
- $\frac{3}{4}$ t nutmeg
- $\frac{3}{4}$ C oil
- 4 eggs
- $\frac{3}{4}$ C cream sherry
- 2 T poppy seeds
- $\frac{1}{4}$ C milk

Mix all ingredients together for 4 minutes

Use greased bundt pan

Bake 50 minutes at 350°

Cool 20 minutes and remove from pan

Serve unfrosted

Other liquors can be substituted for the cream sherry if desired.

Betty Koch • Irvine, CA

Jello Cake

- 1 2-layer yellow or white pkg cake mix
- 1 3-oz pkg Jello
- 4 eggs
- $\frac{1}{2}$ C oil
- 1 C + 1 T cold water

Put mix in large bowl and add all ingredients. Beat 3 minutes at medium speed with mixer. Scrape bowl once during mixing. Grease and flour, generously, a 10" angel food pan. Bake at 325° for 55–60 minutes. Cool in pan. Frost with a glaze made of 2 C powdered sugar with enough lemon juice to make a thin icing.

Ethel Barker • Richmond, VA

Molded Strawberry Jello Cake

- 2 3-oz pkgs strawberry Jello
- 2 C hot boiling water
- 2 10-oz pkgs frozen strawberries
- 1 round angel food cake

Mix jello, boiling water and strawberries. Put angel food cake upside down in a 4 qt deep bowl. Pour strawberry mixture over cake and chill until set. To serve, flip onto serving plate and decorate with whipped cream.

Ilene Decker • Thousand Oaks, CA

Grandma Christiansen's Wedding Cake

- 2½ C sugar
- 1 C butter
- 1 C milk
- 4 C flour
- good pinch of salt
- 3 t baking powder
- 3 t lemon, almond or vanilla extract
- 6 eggs

Sift flour three times. Cream butter; add sugar slowly, then add milk. Add flour a little at a time. Break in one egg at a time, beating until each egg has disappeared, entirely, before adding the next. Add extract and baking powder. Grease and flour a 9 x 13 x 2" pan or a 10" angel food cake pan. Pour batter into prepared pan; bake about one hour at 350°. Let cake cool in pan at least 10 minutes before removing from pan. Frost entire cake with icing.

Icing

- 1 C butter
- ½ C soft shortening
- 3 lbs sifted powdered sugar
- ¼ C lemon juice
- ½ C evaporated milk
- 2 T vanilla extract

Cream butter and shortening. At low speed of electric mixer, continue beating while gradually adding 4 cups powdered sugar. Blend in vanilla and lemon juice. Beat in remaining sugar gradually. Scrape sides and add sugar or milk as necessary.

Tina Clements • Tidewater, VA

Bundt Poppy Seed Cake

- 1 2-layer size yellow cake mix
- 1 3-oz pkg regular pistachio pudding mix
- ½ C vegetable oil
- ½ t almond flavoring
- 4 eggs
- ¼ C poppy seed in 1 C warm water

Allow poppy seed to sit in water ½ hour before starting cake. Mix all ingredients in a large bowl. Bake in a greased and floured Bundt pan at 350° for 50–55 minutes. When cool, remove from pan. Decorate with simple powdered sugar glaze and chopped nuts.

Ilene Decker • Thousand Oaks, CA

Cranberry Spice Cake

- 1 $\frac{3}{4}$ C flour
- $\frac{1}{2}$ t salt
- 1 C sugar
- 1 egg, beaten
- 1 C raisins, rinsed in hot water & drained
- 1 1-lb can jellied or whole cranberry sauce
- Reserve 4 T for frosting
- $\frac{1}{2}$ C shortening
- 1 t soda
- 1 t baking powder
- 1 t cinnamon
- $\frac{1}{2}$ t cloves
- $\frac{1}{2}$ C chopped nuts

Heat oven to 350°. Grease and flour 9 inch tube pan, cream shortening & sugar; beat in egg. Stir in raisins & nuts. Sift together dry ingredients and add to creamed mixture alternately with cranberry sauce. Pour into prepared pan. Bake at 350°, about 1 hour.

Cranberry Cream Cheese Frosting

Beat 3-oz pkg cream cheese until smooth; stir in 4 T cranberry sauce. Pinch of salt and enough sifted powder sugar to make a spreading consistency. Beat until creamy.

Connie Krost • Los Angeles, CA

Plum Cake

- 1 C buttery corn oil (or vegetable oil)
- 2 C sugar
- 3 eggs
- 2 C self rising flour
- 1 C chopped nuts
- 1 t cloves
- 1 t cinnamon
- 1 t lemon flavoring
- 2 small jars strained plums for babies

Cream oil and sugar; add eggs, flavoring and plums. Add flour and spices, mix thoroughly. Pour into greased and floured Bundt pan. Bake at 325° for 1 hour. Cool in pan 10 minutes, invert onto wire rack. Glaze while warm with a mixture of 1 C powdered sugar and the juice of one lemon. When cool, transfer to serving plate.

R. Castelow • Hickory Hollow, TN

Walnut Torta

- 18 medium eggs, separated
- 18 T (1 C + 2 T) sugar
- 1 T rum extract
- 18 heaping T (1¼ C) finely ground walnuts
- 2 heaping T sifted flour
- 3 heaping T sifted bread crumbs

Prepare four 9" round cake pans; grease bottoms, line with waxed paper, then grease and flour bottoms and sides of each pan. Beat egg yolks and sugar until thick and lemon colored. Add rum and blend. Add dry ingredients and nuts. Beat egg whites until stiff. Gently fold whites into batter. Divide batter evenly among the four prepared pans. Bake at 350° for 20–25 minutes. Cool in pans for a few minutes. Remove from pans onto wire racks; peel off waxed paper. When cool, split layers in half and fill and frost with Coffee Frosting.

Coffee Frosting

- 1 C sugar
- 3–4 heaping T flour
- 1 egg
- 1 C strong, cold, black coffee, plus 1 T instant coffee
- 1½ C sweet butter
- 8–10 heaping T powdered sugar
- 1 T rum (not extract), if desired

Combine first four ingredients and cook, stirring, until thick. Cool. Beat butter and powdered sugar until creamy; add cold custard mixture and beat until fluffy.

Variation: For a Mocha-Walnut flavor, add 2 squares bitter chocolate to the saucepan before cooking.

Erma Seres • Granada Hills, CA

Pineapple Cake

- 2 C sugar
- 2 C flour
- 2 eggs
- 1 16-oz can crushed pineapple with juice
- ¼ C vegetable oil
- 2 t baking soda

Combine all; mix by hand until well mixed. Bake in a greased and floured 9 × 13" pan for 30–35 minutes at 350°. While cake is still warm, frost with your favorite cream cheese frosting to which you have added 1½ C coconut.

Margaret Hansen • Thousand Oaks, CA

Cherry Magic

- 4 T butter
- 1 C sugar
- 2 C flour, sifted
- 2 t baking powder
- $\frac{1}{2}$ t salt
- 1 C milk
- 2 C fresh or canned unsweetened cherries
- $1\frac{1}{2}$ C sugar
- $\frac{1}{2}$ C water or juice
- $\frac{1}{4}$ t almond extract

Cream butter and sugar. Sift dry ingredients together. Add flour mixture and milk alternately to the sugar and butter; beat until smooth. Heat together the cherries, sugar, liquid and extract until sugar dissolves. Pour cake batter into a well buttered 7×12 " baking pan. Pour the cherry mixture over the cake batter, distributing cherries evenly. Bake at 350° for 30–40 minutes. Serve warm or cold with whipped cream.

Makes 10–12 servings.

Ilene Decker • Thousand Oaks, CA

Jelly Roll

- $\frac{3}{4}$ C flour
- $\frac{3}{4}$ t baking powder
- $\frac{1}{4}$ t salt
- 4 eggs
- $\frac{3}{4}$ C sugar
- 1 t vanilla extract
- 1 C jelly or jam

Sift dry ingredients together. Beat eggs in a bowl that has been placed over hot water. Beat until light and airy, adding sugar gradually. Remove bowl from over water. Add vanilla, fold in flour mixture. Grease a $10\frac{1}{2} \times 15\frac{1}{2}$ jelly roll pan. Line with waxed paper, then grease again. Pour batter into prepared pan. Bake at 400° for 12–13 minutes. Turn out at once onto towel covered with sifted powdered sugar. Remove waxed paper and spread with jelly. Using towel as an aid, roll cake; wrap in towel to cool.

Pat Imperato • Los Angeles, CA

Pumpkin Spice Roll

3 eggs
1 C sugar
 $\frac{2}{3}$ C canned pumpkin
1 t lemon juice
 $\frac{3}{4}$ C flour
1 t baking powder
2 t cinnamon
1 t ginger
 $\frac{1}{2}$ t nutmeg
 $\frac{1}{2}$ t salt
 $\frac{3}{4}$ C chopped walnuts
2 3-oz pkgs cream cheese, softened
1 C sifted powdered sugar
 $\frac{1}{2}$ t vanilla extract
4 T butter, softened
additional powdered sugar
whipped cream, if desired

In a large bowl, with electric mixer, beat eggs until foamy and lemon colored, about 5 minutes. Gradually add sugar and mix well. Stir in pumpkin and lemon juice. Sift together flour, baking powder, cinnamon, ginger, nutmeg and salt; gradually fold into egg mixture. Grease jelly roll pan, line with waxed paper and lightly butter paper. Pour batter evenly into prepared pan and sprinkle evenly with walnuts. Bake at 375° for 15 minutes until risen and golden brown on top. Remove from oven and turn out onto kitchen towel lightly dusted with extra powdered sugar. Be sure that the walnut side is face down on the towel. Roll up towel lengthwise as you would a jelly roll and let cake cool. Meanwhile, in medium bowl with electric mixer, combine cream cheese, 1 cup of powdered sugar, vanilla and butter, beat until very fluffy, about 5 minutes. Spread on cooled cake and reroll lengthwise into jelly roll shape. Place on serving plate, seam side down and chill at least one hour before serving. Sprinkle with additional powdered sugar and serve with whipped cream, if desired.

Makes 8 servings.

Jim Silla • Richmond, VA

Lucky Lemon Cake

2 cans condensed milk
8 eggs, separated
12–14 T lemon juice
2 t lemon peel
2 pkgs lady fingers
¼ t cream of tartar

Lightly grease a 9" springform pan; cover bottom and sides with lady fingers (should not extend over sides of pan). Mix milk, egg yolks, lemon peel and juice. In another bowl, beat egg whites with cream of tartar until stiff. Fold whites carefully into yolk mixture. Pour into prepared pan. Bake at 375° for 20–25 minutes. When cool, put in freezer until ready to serve. Thaw for 15 minutes prior to serving.

Anne Olshansky • Richmond, VA

Pumpkin Cake

1 2-layer size pkg yellow cake mix
½ C melted butter
1 beaten egg

Pumpkin mixture

3 beaten eggs
1 16-oz can pumpkin
¾ C sugar
¼ t salt
1 T pumpkin pie spice (or 1 t cinnamon, ¼ t cloves, ½ t ginger)
¾ C evaporated milk

Topping

1 C reserved cake mix
¼ C sugar
¼ C butter

Measure out and reserve 1 cup dry cake mix, set aside. Mix remaining cake mix, butter and 1 egg together; press with fingers into an ungreased 9 x 13" pan, bottom only. Set aside. Beat together pumpkin mixture ingredients; pour over prepared crust. Make topping; mix reserved dry cake mix with butter and sugar until crumbly. Sprinkle on top of pumpkin mixture. Bake at 350° for 45–60 minutes or until a knife inserted in center comes out clean.

Debbie Rottweiler • Louisville, KY

Heavenly Strawberry Cream Cake

2¾ C sifted cake flour
 3 t baking powder
 ¾ t salt
 4 egg whites
 1½ C sugar
 ¾ C butter or margarine
 1 C plus 2 T milk
 1 t vanilla extract
 ½ t almond extract
 4 C (1 qt) strawberries

Custard filling

½ C sugar
 2 T flour
 dash of salt
 ¼ C milk
 2 egg yolks
 1 C milk
 2 T butter
 1 t vanilla extract
 1½ C heavy cream, whipped and sweetened to taste

Sift flour with baking powder and salt. Beat egg whites until foamy; gradually add ½ C sugar, beating thoroughly after each addition. Continue beating until mixture forms soft peaks. Cream butter; gradually add 1 C sugar; cream until light and fluffy. Alternately add flour mixture and milk, a small amount at a time; beating after each addition until smooth. Mix in flavorings; fold in beaten egg whites. Bake in 2 9" round cake pans which have been lined on bottoms with waxed paper. Bake at 350° for about 30 minutes, or until top springs back when pressed lightly. Cool.

Meanwhile, make custard; combine sugar, flour and salt in top of double boiler. Combine ¼ C milk and egg yolks; blend into sugar mixture. Stir in the 1 C milk and butter; cook and stir over bubbling water for 6-10 minutes or until thickened. Remove from hot water; add vanilla. Cool.

To assemble: split cake layers horizontally, making 4 layers. Slice strawberries, reserving a few whole ones for garnish. Fill layers with custard filling, topped with sliced strawberries. Frost cake with the sweetened whipped cream. Garnish with reserved whole berries. Chill. Makes about 12 servings.

**To prevent whipped cream from going flat, add 1 t unflavored gelatin dissolved in 2 T cold water to cream while whipping.*

Ilene Decker • Thousand Oaks, CA



Cranberry Crunch

- 1 2-layer pkg white cake mix
- $\frac{1}{2}$ C flour
- $\frac{1}{4}$ C margarine
- 2 1-lb cans whole berry cranberry sauce
- $\frac{1}{2}$ C chopped blanched almonds
- 1 egg white, slightly beaten

Heat oven to 350°. Blend flour into dry cake mix. Cut margarine into cake mix until mixture is the texture of coarse corn meal. Set aside 1 C mixture. Pat remaining mixture firmly into an ungreased 9 x 13" pan or 2 8" square pans. Brush with egg white. Spread cranberry sauce over cake mixture to within $\frac{1}{2}$ " of pan edge. Combine almonds and reserved cake mixture and sprinkle over top. Bake 40–45 minutes. Serve warm with sweetened whipped cream or ice cream.

Makes 12–15 servings.

Ilene Decker • Thousand Oaks, CA

Jewish Apple Cake

- 2 C sugar
- $\frac{1}{4}$ C orange juice
- 1 C vegetable oil
- $2\frac{1}{4}$ t vanilla extract
- 4 eggs
- 3 C flour
- 3 t baking powder
- $\frac{1}{2}$ t salt
- 4 C sliced, pared apples
- 1 C chopped nuts (optional)
- 3 t sugar
- 1 t cinnamon

Beat sugar, eggs, oil, juice and vanilla at high speed for 10 minutes. Combine flour, baking powder and salt; add a little at a time to egg mixture. Fold in nuts. Combine sugar and cinnamon. Pour $\frac{1}{3}$ batter in a well greased tube pan. Arrange $\frac{1}{2}$ half apple slices on batter, sprinkle with $\frac{1}{2}$ cinnamon mixture. Pour another $\frac{1}{3}$ batter over first layers, place remaining apples, and cinnamon mixture over batter. Top with remaining batter. Bake at 350° for 1 hour. Sprinkle with powdered sugar while still warm.

Fran Gilday • Richmond, VA

Merryfield Apple Cake

3 C flour
 2 C sugar
 1 C vegetable oil
 1 t baking soda
 1 t salt
 2 t vanilla extract
 3 eggs
 3 C diced, peeled cooking apples
 1 C chopped California walnuts
 ½ C chopped raisins
 powdered sugar

Early in the day; preheat oven to 325°. Grease and flour 2 8" square cake pans. In a large bowl with mixer at high speed, mix well the first 7 ingredients, constantly scraping bowl. Beat 3 minutes more, occasionally scraping bowl. Stir in apples, nuts and raisins. Divide evenly between the 2 pans. Bake 1 hour. Cool on wire racks. Place a paper doily on each cake; sprinkle with powdered sugar through a sieve; remove doilies.

Makes 18 servings.

Joyce Grambo • Richmond, VA

Merryfield Apple Cake Variation

For *CHOPPED APPLE CAKE*, grease and flour a 10 × 15" glass pan. Increase oil to 1½ cups, omit raisins and make sure that apples are left *unpeeled* (that's right!). Bake at 325° for 40 minutes. While cake is baking, make topping. Immediately after taking cake from the oven, pour warm topping over hot cake, slowly, covering entire top. (Don't punch holes in the cake.). Serve warm or cold with whipped cream, ice cream or a glass of cold milk.

Topping

1½ C brown sugar
 ¼ C milk
 ½ C butter

Melt together in a small saucepan; let come to a boil. Remove from heat.

Jeanne Sheppard • Richmond, VA

Variation

Try baking this cake in a greased and floured tube cake pan.

Ruby Thonsbury • Virginia Beach, VA

Apple Butter 'N Pear Flipover

- ½ C butter or margarine
- 1 C firmly packed brown sugar
- 1 29-oz can pear halves, drained
- 1 pkg Pillsbury Plus yellow cake mix
- 1 t cinnamon
- ¾ C water
- ½ C apple butter
- ⅓ C vegetable oil
- 3 eggs

Heat oven to 350°. Grease and flour a 9 x 13" pan. In small saucepan, melt butter; stir in brown sugar and heat until sugar has dissolved. Spread brown sugar mixture into bottom of prepared pan. Cut pear halves into six slices; arrange slices on top of brown sugar mixture. In larger bowl, blend cake mix, cinnamon, water, apple butter, oil and eggs until moistened. Beat 2 minutes at highest speed. Pour into pan. Bake for 40–50 minutes or until toothpick inserted in center comes out clean. Immediately invert pan onto serving plate. Serve warm or cool. If desired, serve with a dollop of whipped cream.

Makes 12 servings.

Ilene Decker • Thousand Oaks, CA

Apple Kuchen

- ½ C butter
- 1 2-layer pkg yellow cake mix (without pudding)
- ½ C flaked coconut
- 1 20-oz can sliced apples (not pie filling)
- 1 C sugar
- 1 t cinnamon
- 1 C sour cream
- 1 egg

Cut butter into dry cake mix; add coconut. Pat mixture into ungreased 9 x 13" baking pan. Bake at 350° for 10 minutes. Drain apples; arrange on warm crust. Mix sugar with cinnamon; sprinkle over apples. Mix sour cream and egg together and pour over apples. Bake 25 minutes more until edges are golden brown. Best when served warm.

Evelyn Dawson • Washington, DC



Pineapple Carrot Cake

Cooking Time: 12 to 15 minutes

Standing Time: 10 minutes

Cooking Utensil: Baking ring or 9" x 9" dish

- 1 C sugar
- 1 C flour (all purpose)
- 1 t cinnamon
- 1 t baking powder
- 1 t baking soda
- ¼ t salt
- 2 eggs, slightly beaten
- ½ C oil
- 1½ C grated carrots
- 1 8-oz can crushed pineapple, well drained

In a large bowl, combine sugar, flour, cinnamon, baking powder, baking soda and salt. Stir in eggs, oil, carrots and pineapple.

Line bottom of ring pan with wax paper. Pour batter into pan. Invert a glass pie plate in the oven. Set cake pan on pie plate.

Microcook on **Medium (50%)** 9 to 10 minutes. Increase power to **High 3** to 5 minutes. Test cake for doneness with a toothpick. Cake will begin to pull away from sides of pan when done.

Let stand. Invert onto serving plate.

Cream Cheese Frosting

- 1 3-oz package cream cheese
- 2 C confectioners sugar
- 4 T margarine or butter
- 1 t vanilla

Place cream cheese and margarine in 4 C measure. Microcook on **Medium (50%)** 1 to 1¼ minutes, or until softened. Stir in sugar and vanilla until smooth and creamy.

Frost cool cake.

From "The Microwave Touch" by Galen Hill

Cooks' Choice Carrot Cake

2-3 C finely grated carrots
 1 8-oz can crushed pineapple
 ½ C finely chopped nuts
 2 C sifted flour
 2 t cinnamon
 2 t baking powder
 1½ t baking soda
 1 t salt
 2 C sugar
 4 eggs
 1½ C vegetable oil

Preheat oven to 350°. Drain pineapple and combine with chopped nuts and carrots; set aside. Sift together the flour, cinnamon, baking powder, soda and salt. Combine in a large bowl, sugar, eggs and oil; beat until fluffy. Add sifted dry ingredients and blend well. Add the carrot mixture and stir until thoroughly blended. Pour into 3 well greased 8" round baking pans, 2 9" round baking pans or one 9 × 13" pan. Bake 8" for 35-40 minutes, 9" 40-45 minutes and 9 × 13" 50 minutes. Cool briefly in pans, then invert onto wire racks. Frost with cream cheese frosting.

Frosting

¼ C butter, softened
 1 1-lb box powdered sugar
 1 8-oz pkg cream cheese, softened
 1 t vanilla extract

Blend butter and cheese; add vanilla. Blend in powdered sugar. Spread on tops and sides of cake

Betty Koch • Irvine, CA
 Rochelle Roe • Richmond, VA

Variation

For a bit more compact cake, try only 3 eggs and add 1½ C shredded coconut to the batter; do not drain pineapple, but add juice to batter.

Nancy Fazioli • Richmond, VA

Variation

Try using 2 C *self-rising flour*, 2 t baking soda and ½ t salt instead of the flour, baking powder, soda and salt called for in the previous recipe; increase cinnamon to 1 T. Sprinkle frosted cake with 1 C *chopped pecans*.

Debbie Rottweiler • Louisville, KY

The Ultimate Carrot Cake

- 1 t butter
- 1½ C salad oil
- 2 C sugar
- 4 eggs
- 1 t salt
- 1 t cinnamon
- 2 C flour
- 2 t baking soda
- 3 C grated carrots (approximately 1½ lb)
- 1 C finely chopped walnuts
- ½ C white raisins
- brandy

Preheat oven to 325°. Put raisins in a bowl and cover with brandy. (Best to do this several hours in advance.) Grease 10" tube cake pan with butter. Blend oil and sugar in a bowl with wooden spoon. Add eggs one at a time—beating well after each egg. Sift together salt, cinnamon, flour and baking soda and then add to egg mixture and mix very well. Beat in walnuts. Drain raisins very well and beat into mixture. Beat in carrots. Pour batter into buttered cake pan and bake approximately 1½ hours, or until a knife inserted in center of cake comes out clean. Let cool completely. Remove from pan bottom side up onto serving dish. Spread icing (see below) over top, sides and center hole. Cover cake entirely.

Icing

- 8 oz cream cheese, softened
- 4 T butter melted
- 2 T vanilla extract
- 1 lb confectioners sugar

With electric mixer. Beat cream cheese till light and fluffy. Gradually add butter. Beating till completely absorbed. Add vanilla and beat. Add sugar ½ cup at a time beating well after each addition so icing is smooth.

Lenn Kashner • Virginia Beach, VA

Almost Homemade Carrot Cake

- 1 18.5-oz pkg yellow cake mix with pudding
- $\frac{1}{3}$ C firmly packed brown sugar
- 2 t ground cinnamon
- $\frac{1}{2}$ C water
- $\frac{1}{3}$ C vegetable oil
- 3 eggs
- 2 C finely shredded carrots
- $\frac{1}{2}$ C raisins
- $\frac{1}{2}$ C pecans

Combine first 6 ingredients, beat 2 minutes at medium speed (with electric mixer). Fold in carrots, raisins and pecans. Spoon batter into 10" greased and floured tube pan. Bake at 350 for 50–55 minutes. Cool cake in pan for 25 minutes—turn out on to wire rack and cool completely before covering with cream cheese frosting (canned or homemade).

Sharon Baker • Norfolk, VA

Yum Yum Cake

- 1 2-layer size pkg yellow cake mix

Topping

- 1 C milk
- 1 3-oz pkg cream cheese, softened
- 1 3-oz pkg instant vanilla pudding
- 1 16-oz can crushed pineapple, drained
- 1 8-oz carton Cool Whip
- coconut and chopped nuts, if desired

Mix cake as directed on box, but bake in a 15½ x 10½" jelly roll pan for about 20 minutes at temperature given on box. Cool. Beat milk, cheese and pudding until thickened. Add drained pineapple, mix well. Spread on cooled cake. Next, spread Cool Whip over pudding mixture. Sprinkle with coconut and nuts. Refrigerate.

Ruth Ann Balla • Raleigh, NC

Fresh Apple Cake

1½ C sifted flour
 1 t baking soda
 1 t cinnamon
 1 t nutmeg
 ½ t salt
 ½ C butter
 1½ C sugar
 2 eggs, well beaten
 4 C pared, finely chopped apples
 1 C whole bran cereal

Sift together first five ingredients. Blend butter and sugar, beating until fluffy; add eggs and beat well. Stir in apples, cereal and sifted dry ingredients. Spread in well-greased 9 x 13" pan. Bake at 350° about 40 minutes; cool. Spread with Fluffy Frosting. Cut into squares to serve.

Fluffy Frosting

2½ T flour
 ½ C milk
 ½ C butter
 ½ C sugar

Measure flour into small saucepan; add milk, gradually, stirring until smooth. Cook over low heat, stirring constantly, until mixture is thick. Blend butter and sugar until fluffy. Add flour mixture and beat until light and of spreading consistency. Frost cake; sprinkle with nuts, if desired.

Ilene Decker • Thousand Oaks, CA

Buttercream Frosting

1 C milk
 4 T flour
 ¾ C sugar
 ½ C butter
 ½ C shortening
 1 t vanilla extract
 pinch of salt

Boil together the milk and flour, stirring constantly. Cool completely. Add remaining ingredients to cooled mixture; beat until of spreading consistency.

Fran Gilday • Richmond, VA
 Lisa Mattie • Richmond, VA

Ice Cream Cake

- 1 tube Angel Food Cake
- ½ gal choice of ice cream or sherbet
- 1 pt heavy cream, whipped

Cut cake horizontally into 3 layers. Soften ice cream slightly. Place a layer of cake on a serving plate, cover with a layer of ice cream; repeat layers, ending with cake. Even outside edges and be sure cake layers are level; add more ice cream where necessary. Place in freezer, wrapped for 3–4 hours or overnight. Whip cream and spread on top and sides of prepared cake. Top with coordinated topping. Place in freezer to set until close to serving time. Thaw about 15 minutes before serving.

Serves 8–10.

Suggested complimentary ice creams and toppings:

Chocolate ice cream
 Strawberry ice cream
 Butter Pecan ice cream
 Peach ice cream
 Butter Brickle ice cream
 Crumbled Hershey bar
 Sliced fresh or frozen strawberries
 Sprinkle with pecans
 Fresh peach slices (dip in FruitFresh)
 Crumbled Heath candy bars

Let your imagination be your guide!

Nona Cox • Richmond, VA

Chocolate Pound Cake

- 3 C sugar
- 3 C flour
- 2 sticks butter
- ½ C Crisco
- 1 C milk
- 5 eggs
- 4 T cocoa
- ½ t baking powder
- 1 T vanilla

Cream sugar, shortening & butter. Add one egg at a time alternating with cocoa. Sift flour & baking powder. Add alternately with milk. Add vanilla. Bake at 325° for 1½ hour in tube pan.

Muriel Perry • Richmond, VA

Fruit Cocktail Cake

- 2 C white flour
- 1 t baking soda
- 1½ C sugar
- ½ t salt
- 3 T cocoa
- 2 eggs
- 1 can drained fruit cocktail (save the juice)
- 1 C cooking oil
- 1 t vanilla

Mix the dry ingredients, then add the oil and fruit juice, blending well. Add the eggs and vanilla and beat for four minutes. Add the fruit cocktail. Pour into three 9" baking pans and bake at 325° for 45 minutes.

Frosting

- 1 C evaporated milk
- 1 C sugar
- 3 egg yolks, slightly beaten
- 1 stick margarine
- 1 t vanilla
- 1 can shredded coconut

Combine all the ingredients except the coconut. Cook over medium heat, stirring constantly, for about 12 minutes (until it thickens). Remove from heat and add the coconut. Beat until cooled and spread on the cooled layers.

Evelyn Bowes • Richmond, VA

Marble Cake

- ½ C butter or margarine
- 6 T soft shortening
- 1½ C sugar
- 5 eggs, separated
- 2 C flour
- 4 t baking powder
- ½ C milk
- 1 8-oz can Hershey's chocolate syrup

Cream butter, shortening and sugar. Add 5 egg yolks and beat until light. Sift together flour, baking powder and mix into creamed mixture. Beat egg whites until stiff; fold into batter. Separate evenly into 2 bowls. Into one bowl, mix the chocolate syrup into batter; leave other batter as is. Into a greased tube pan, alternate chocolate and white batters, using a large spoon. Run a knife gently through batter to marbleize. Bake at 350° for 50 minutes.

Min Bernstein • Richmond, VA

Pecan-Filled Cookie Cake

Crust

- 2 $\frac{2}{3}$ C flour
- 1 $\frac{1}{3}$ C sugar
- 1 $\frac{1}{3}$ C unsalted butter, very soft
- $\frac{1}{2}$ t salt
- 1 egg

Filling

- 1 C grated or finely chopped pecans
- $\frac{1}{2}$ C sugar
- 1 t grated lemon peel
- 1 egg, slightly beaten
- 4 pecan halves

Heat oven to 325° F. Grease 10 or 9 inch spring-form pan. Lightly spoon flour into measuring cup; level off. In a large bowl of electric mixer, blend all crust ingredients at lowest speed until dough forms. Chill, if desired. Divide dough in half; spread half in bottom of prepared pan. In small bowl of mixer blend all filling ingredients except pecan halves; spread over crust to within $\frac{1}{2}$ inch of sides of pan. Between waxed paper press remaining dough to 10 or 9 inch circle. Remove top layer of waxed paper; place dough over filling. Remove waxed paper; press dough into place. Garnish center with pecan halves. Bake in preheated oven for 55 to 60 minutes or until light golden brown. Cool 15 minutes; remove from pan. Cool completely. Makes 24 servings.

This cake is a rich, buttery delicacy to serve thinly sliced.

Rhonda Brant • Washington, DC

Fudge Ribbon Cake

There's a surprise cheese layer in this rich moist cake

cheese filling

- 2 t butter
- $\frac{1}{4}$ C sugar
- 1 T cornstarch
- 1 8-oz pkg cream cheese
- 1 egg
- 2 T milk
- $\frac{1}{2}$ t vanilla

Cake

2 C sifted flour
 2 C sugar
 1 t salt
 1 t baking powder
 ½ t baking soda
 ½ C shortening
 1 ½ C milk
 2 eggs
 4 sqs. unsweetened chocolate melted
 1 t vanilla

*or substitute 1 pkg good chocolate cake mix and add ½ C Wesson Oil and pkg of chocolate pudding mix.

Chocolate Frosting

3 T butter
 3 oz baking chocolate
 ½ t Salt
 ½ C milk
 1 t vanilla
 approx. 3 C powdered sugar

To make filling, cream together butter, ¼ C sugar and cornstarch. Add cheese and beat until fluffy. Add 1 egg, 2 T milk and ½ t vanilla, beat until creamy. Set aside.

Grease and flour 13 x 9 x 2" pan.

To make cake batter, combine flour, sugar, salt, baking powder and soda. Add shortening and 1 C milk; blend at lowest speed of mixer. Beat 1 ½ minutes at low speed. Add eggs, chocolate, vanilla and ½ C milk; continue beating 1 ½ minutes at low speed.

Spread half batter in pan. Spoon cheese mixture spreading carefully to cover batter. Top with remaining batter; spread to cover. Bake at 350° for 50 to 55 minutes, until cake springs back when touched lightly in center.

To make Chocolate Frosting melt butter in small saucepan; add chocolate and stir constantly over very low heat until melted. Pour into small mixing bowl. Add remaining ingredients; beat until well blended. Add additional powdered sugar to obtain desired spreading consistency.

Variation — add 1 6-oz pkg semi-sweet chocolate chips and 1 C walnuts to batter

Laura Liverman • Los Angeles, CA

Tony's Double Chocolate Sour Cream Cake with Chocolate Chips

Cake

- 1 pkg 2-layer Devil's Food cake mix
- 1 C dairy sour cream
- 1 C milk
- $\frac{1}{3}$ C vegetable oil
- 3 eggs
- 1 C semi sweet chocolate chips

Frosting

- 3 C powdered sugar
- 3 T cocoa
- 3 T butter, softened
- 6 T orange juice
- $\frac{1}{4}$ t orange extract

2-3 C strawberry preserves

Preheat oven to 350°. Grease and flour two 8" or 9" round cake pans. Combine cake mix, oil, eggs, sour cream and milk in a large bowl; mix at low speed until moist. Beat on high speed for 2 minutes. Fold in chocolate chips. Pour batter into prepared pans. Bake at 350° for 50–55 minutes or until done. Cool cake in pans 15–20 minutes, then invert onto wire racks. In small bowl, combine frosting ingredients; beat at medium speed until smooth. Slice layer across, to make upper and lower halves. Fill with strawberry preserves, frost outside with chocolate frosting.

Tony Thacker • Richmond, VA

My Mom's White Frosting

- 1 C white shortening
- 1 C sugar
- $\frac{1}{2}$ C warm milk, almost boiling
- 1 egg white
- 1 t vanilla extract

Cream sugar and shortening. Add milk slowly, continuing to beat. Beat in egg white and whip together; add vanilla. Excellent on Devil's Food cake. Not too rich. Frosts a 9 x 13" cake or 2 8" layers.

Erma Seres • Granada Hills, CA

Crazy Mixed-Up Cake

Sift together into an 8x8" pan:

1½ C flour
3 T cocoa
1 C sugar
¼ t salt
1 t baking soda

Into these dry ingredients put:

1 T vinegar
6 T vegetable oil
1 t vanilla

Over all of this pour:

1 C cold water

Mix thoroughly with a fork. Do not beat! Leave in the pan and bake at 350° for 30 minutes. Cool and frost with Flour Frosting

Flour frosting (creamy, but not sweet)

2 T flour
½ C milk
½ C margarine
½ C sugar

Cook together the flour and milk, stirring until mixture is quite thick. Cool completely. Cream margarine and sugar, add cooled flour mixture. Beat on high speed until the consistency of whipped cream.

Nan Alschbach • Richmond, VA

Variation

Bootlegger's Cake uses the same cake recipe except while the cake is baking, mix in a saucepan ¼ C water, 2 T sugar, 1 T cocoa, and 1 T bourbon. Bring to a boil, cook two minutes. Pour over hot, cooked cake. Serve with whipped cream or ice cream.

Dee Kallman • Greensboro, NC

Mississippi Mud Cake

- 2 C sugar
- $\frac{1}{2}$ C cocoa
- $1\frac{1}{2}$ C chopped nuts
- 1 t baking powder
- 1 C flaked coconut
- 1 C melted margarine
- 4 eggs
- 1 7-oz jar marshmallow creme

Mix together dry ingredients. Beat eggs and butter together, add dry ingredients. Batter will be stiff. Bake in greased and floured 9 x 13" pan at 350° for 30–35 minutes. As soon as cake is removed from the oven, spread with marshmallow creme. Cool. Spread with icing.

Icing

- $\frac{1}{2}$ C margarine, melted
 - $\frac{1}{3}$ C unsweetened cocoa (or $\frac{1}{2}$ C for a semi-sweet taste)
 - 3 $\frac{3}{4}$ C sifted powdered sugar
 - 1 T vanilla
 - enough milk to make a good spreading consistency
- Blend together until smooth.

Patsy Helper • Richmond, VA

Banana Chocolate Cake

- 2 $\frac{1}{4}$ C flour
- 1 t baking powder
- $\frac{3}{4}$ t baking soda
- 1 t salt
- $\frac{2}{3}$ C shortening
- $1\frac{1}{2}$ C sugar
- 2 eggs
- 2 oz baking chocolate
- 1 t vanilla
- 1 C mashed ripe bananas
- $\frac{1}{2}$ C sour milk

Cream shortening and sugar. Add egg one at a time. Add melted choc. Stir in vanilla. Add sifted dry ingredients alternately with bananas and milk.

Bake in 9 x 13 greased pan 30–35 minutes. Frost if desired and cut into squares.

Min Bernstein • Richmond, VA

Brownie Cake

- 6 T cocoa
- 1 C butter
- 2 C sugar
- 4 eggs
- 1½ C flour
- ¼ t salt
- 1 t baking powder
- 1 t vanilla
- 1 C chopped pecans
- 1 10½-oz pkg miniature marshmallows

Melt butter, add sugar, eggs and cocoa; beat well. Add vanilla. Stir in dry ingredients until thoroughly mixed. Fold in pecans. Pour into 8" or 9" square pan. Bake at 325° for 35 minutes. Remove from oven. Evenly spread marshmallows over top of cake. Make topping; pour over marshmallows.

Topping

- 1 1-lb box powdered sugar
- 1 t vanilla extract
- 6 T evaporated milk
- ½ C butter
- 6 T cocoa

Mix together in a small saucepan; let come to a boil, stirring. Pour hot over cake.

Dianne Caldwell • Richmond, VA

Chocolate Apricot Torte

- 1 2-layer pkg devil's food cake mix
- 1 12-oz jar apricot preserves
- 2 T apricot brandy
- 1 can commercially prepared chocolate frosting

Grease and flour 2 9" round cake pans. Preheat oven and make cake as package directs. Cool cake on racks for 10 minutes, then remove cake from pans and cool completely. In a small saucepan, heat apricot preserves until hot; remove from heat and stir in brandy. With a wooden spoon, press preserves through a sieve into a small bowl; cool. Carefully split layers of cake with a sharp, serrated knife to make 4 layers. Spread 3 layers of cake with ⅓ cup frosting each; let set. Next, frost those layers with ⅓ cup preserve mixture, each. Stack frosted layers; top with plain layer. Thinly frost sides and top with remaining frosting. Chill.

Anita McLanahan • Greensboro, NC

Chocolate, Chocolate Chip Cake

- 2 C sugar
- 1 C butter or margarine
- 4 eggs
- 1 C milk
- 1 C sour cream
- 2 t vanilla extract
- 3¼ C flour
- 1 t soda
- 4 oz unsweetened chocolate, melted and cooled
- 1 12-oz pkg chocolate chips

Preheat oven to 350°. Grease a 10" Bundt pan. Cream sugar and butter, add eggs, beat until well blended. Combine milk, sour cream and vanilla in a small bowl. Combine flour and soda. Add sour cream mixture, alternately with dry ingredients to creamed mixture. Add cooled chocolate. Fold in chocolate chips. Pour into prepared pan, bake for 1 hour.

Nancy Kopf • Richmond, VA

Chocolate Cream Cake

- 2 8-oz pkg cream cheese
- 7 C plus 2 T sifted powder sugar (1½ boxes)
- 1 C butter
- ¼ C hot water
- 1 T vanilla extract
- 4 oz semisweet chocolate chips melted
- 3 eggs
- 2¼ C flour
- 1½ t baking soda
- 1½ t salt
- ¾ C milk

Blend cream cheese with sugar and ¾ cup butter, stir in hot water and vanilla. Add melted chocolate and mix thoroughly. Remove 3 cups of mixture and set aside for icing of cake. To remaining cheese mixture add remaining ¼ cup butter, eggs and salt. Add dry ingredients to batter alternately with milk, starting and ending with flour. Turn batter into two round 9" greased and floured pans. Bake at 350° for 55 minutes. Cool cake in pans 10 minutes, then fill layers and frost top and sides of cake with reserved icing.

Connie Krost • Los Angeles, CA

Sour Cream Chocolate Cake

- 1 C soft shortening
- 2 C sugar
- 2 eggs
- 3 C cake flour
- 1 t baking soda
- 2 t baking powder
- 1 C sour cream
- ½ C cocoa
- 1 C hot water
- 1 t vanilla extract

Cream shortening and sugar. Add eggs, one at a time, mixing well after each addition. Sift together dry ingredients. Add ½ of flour mixture to egg mixture. Add sour cream, remaining dry ingredients, hot water and vanilla. This is a thin batter. Pour into ungreased 9 x 13" pan. Bake at 350° for 45 minutes.

Min Bernstein • Richmond, VA

Mom's Sour Cream Chocolate Cake

- 4 oz baking chocolate
- ½ C margarine
- 1 C water
- 2 C flour
- 2 C sugar
- 1½ t baking soda
- 1 C sour cream
- 1 t vanilla extract
- 2 well beaten eggs

Combine chocolate, margarine and water in a small saucepan. Heat until chocolate is melted, cool. Mix flour and sugar; add melted chocolate mixture. Add soda to sour cream, blend well. Add eggs, vanilla and sour cream mixture to dry ingredients, mixing thoroughly. Pour into 9 x 13" pan or 2 8" round cake pans. Bake at 350° for 30 minutes or until done.

Angel Beaumont • Hickory Hollow, TN

The Old Chocolate Cake

better if made a day ahead!

- 2 C flour
- 1 C sugar
- 2 t baking soda
- 4 T cocoa
- 1 C mayonnaise
- 1 C hot water
- 1 t vanilla extract

Sift together dry ingredients. Make a well in dry mixture. Add mayonnaise, hot water and vanilla. Stir thoroughly. Butter and flour the bottom of a 9" square pan. Pour batter into prepared pan and bake at 350° for 35 minutes, or until toothpick comes out clean. Frost with chocolate frosting.

Mama's Chocolate Frosting

- ¼ C milk
- 1 T butter
- 2 squares Baker's chocolate
- 2 C sifted powdered sugar

Over hot water heat chocolate, milk and butter. When chocolate has melted, remove from heat. Stir in powdered sugar; beat until smooth.

Jeanne Sheppard • Richmond, VA

Chocolate Cake

- 4 T cocoa
- 1 stick margarine
- ½ C soft shortening
- 1 C water
- 2 C flour
- 2 C granulated sugar
- ½ C buttermilk
- ½ t salt
- 1 t soda
- 1 t vanilla
- 2 unbeaten eggs

Combine first 4 ingredients together in a small pan, let come to a boil. Remove from stove, let cool. Blend flour, sugar and cocoa mixture. Add buttermilk, vanilla, soda, salt and eggs — beat for 3 minutes. Bake in 9 x 13" cake pan for 30 minutes at 350°.

Icing

$\frac{2}{3}$ stick margarine
 2 sqs. of unsweetened chocolate
 Melt margarine and chocolate together
 6 T milk
 dash of salt

Beat milk and salt into the chocolate mixture; when smooth beat in approx. $\frac{3}{4}$ box of powdered sugar. (Do not get icing too dry, sometimes mixture will get lumpy if milk is added later for thinning purposes.)

Marlene Rivas • Richmond, VA

Red Velvet Cake

$\frac{1}{2}$ C butter
 2 eggs
 1 C buttermilk
 1 T vinegar
 1 t vanilla
 3 T cocoa (sifted)
 1- $\frac{1}{2}$ C sugar
 $\frac{1}{4}$ C red food coloring (2-oz bottle)
 2- $\frac{1}{2}$ C flour (sift 3 or 4 times)
 1 t soda
 1 t salt

PREHEAT OVEN, 325°

DO NOT grease or flour pans.

Cream sugar, butter, eggs. Make a paste of cocoa and food coloring; add flour sifted with salt, alternating with buttermilk; add vanilla. Put soda in vinegar, blend and add last. *Do not* beat the mixture again. Pour into 2 9" round cake pans and bake for 30–35 minutes. Fill and frost with Fluff Frosting. If desired, split each layer and fill to make 4 layers.

Fluff Frosting

5 T flour
 $\frac{1}{2}$ lb butter, softened
 1 t vanilla
 1 C sweet milk
 1 C sugar

Add milk to flour, gradually stirring to keep smooth, in sauce pan; cook until thick and let cool. Add butter, sugar, vanilla and beat until light in texture.

Joan Rexinger • Richmond, VA

Evelyn Bowes • Richmond, VA

Cooks' Quips

When beating egg whites until stiff, always make sure the eggs are at room temperature to get ultimate volume.

Dust raisins and nuts with flour before adding to batter and they won't sink to the bottom.

For a professional look when frosting your cake; place cake plate on something you can turn (Lazy Susan is ideal). First brush off all the loose crumbs. For layer cakes, frost cakes with flat (bottom) sides together. Cake will be even and steady. Frost entire outside of assembled cake with a very thin layer of frosting and let it set about 20 minutes. The thin coating holds crumbs in place and keeps them from mixing with the final frosting. Frost sides of cake first, then top, swirling for flair.

For a quick and easy frosting for cup cakes, put a couple of squares of a chocolate bar on each cup cake as it comes from the oven. Swirl, if desired.

Try drizzling lines of melted semi-sweet chocolate chips in parallel lines on a square or rectangular cake, or concentric circles on a round cake, over any white icing. Working quickly, draw a knife blade through the lines at 1"-2" intervals. The rectangular cakes will have the look of "Napoleons" and the round cake will have a spiderweb design.

*To make a pretty and different looking cake, begin with a plain white icing (preferably an egg white icing). Dip heavy cotton string into different colors of food coloring and "paint" a plaid design on the icing by laying the dipped strings across the top of the cake. Lift string carefully; the color from the string makes a line on the cake.

Hazel Jenkins • Richmond, VA

Surprise Pie

great for surprise dinner guests

- 2 prepared graham cracker crusts
- 1 12-oz carton Cool Whip
- 1 16-oz can crushed pineapple, drained
- 1 C chopped pecans
- 2 T lemon juice
- 1 14-oz can sweetened condensed milk

Mix Cool Whip and milk with an electric beater until creamy. Add lemon juice and beat until a bit firmer. Fold in pecans and pineapple. Pour mixture into crusts and chill

Robin Buchanan • Durham, NC

Mud Pie

- 1½ C chocolate wafer crumbs
- 6 T melted butter
- 1 qt coffee ice cream
- Fudge Sauce
- whipped cream
- slivered almonds

Mix together chocolate crumbs and butter. Press into a 9" pie plate. Chill until set. Cover with softened ice cream. Cover and put into freezer overnight. Top with cold Fudge sauce, place in freezer until serving time. Serve on chilled dessert plates, top with whipped cream and almonds. Serves 6–8.

Fudge sauce

- 2 T butter
- 2 1-oz squares unsweetened chocolate
- 1 C sugar
- 1 6-oz can evaporated milk
- 1 t vanilla extract

In a saucepan, mix butter, chocolate and milk. Cook, stirring, until thickened. Add vanilla. Chill.

Paulette Greentree • Richmond, VA

Fresh Strawberry Pie With Shortbread Crust

- 1 C sugar
- 1 C water
- 4 T strawberry jello
- 3 T cornstarch
- pinch of salt
- red food coloring, if desired
- 1 pt fresh strawberries
- 1 pie shell or recipe for shortbread crust

Cook sugar, water and salt and cornstarch until clear and thick; remove from heat and stir in jello, and a few drops of red food coloring. Let cool to lukewarm. Make crust. Arrange strawberries in pie shell; pour red liquid over berries. Refrigerate until firm. Serve with whipped cream.

Shortbread Crust

- 1 C flour
- 1 stick butter
- 2 T sugar
- ¼ t salt

Mix and press into pie plate. Bake 15 min. at 350°. Cool and fill.

Ilene Decker • Thousand Oaks, CA



Strawberry Yogurt Pie

- 1 9" graham cracker pie crust
- 2 8-oz containers strawberry yogurt
- ½ C crushed strawberries (optional)
- 1 8-oz container Cool Whip

Thoroughly combine crushed fruit and yogurt in a bowl. Fold in Cool Whip, blending well. Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes (or longer for a softer texture) before serving. Store any leftover pie, covered, in freezer.

Variation

Use other fruits and matching flavors of yogurt:

- ½ C crushed raspberries or blueberries
- 1 8.75-oz can sliced peaches or apricots, drained and mashed
- 1 8.25-oz can crushed pineapple, drained

Cheryl O. Woods • Los Angeles, CA

All American Apple Pie

- 1 11-oz pkg piecrust mix
- 1 C sugar
- 2 T flour
- 1 t ground cinnamon
- $\frac{1}{8}$ t ground nutmeg
- $\frac{1}{4}$ t salt
- 7 C thinly sliced, pared, tart cooking apples (Greening, Northern Spy, McIntosh-about 2½ lbs)
- 2 T lemon juice
- 2 T butter or margarine

Make pastry as package label directs. Handling gently, shape pastry into ball. Divide in half; form each half into a round, then flatten each with the palm of hand. On lightly floured pastry cloth, roll out half of the pastry in a 12" circle. Fold rolled pastry in half; carefully transfer to a 9" pie plate. Refrigerate until ready to use. Preheat oven to 425°. In a small bowl, mix sugar, flour, cinnamon, nutmeg and salt. In a large bowl, toss apples with lemon juice. Add sugar mixture, toss again. Roll remaining pastry to a 12" circle. Pour apple mixture into pastry lined pie plate, mounding high in the center. Top apples with butter, cut into small pieces. Top with 12" pastry circle. Make a slit in the center of top crust. Bake at 425° for 45–50 minutes.

Dorothy Bernstein • Jericho, NY



Impossible Pumpkin Pie

- $\frac{3}{4}$ C sugar
- $\frac{1}{2}$ C buttermilk baking mix
- 2 T butter
- 1 13-oz can evaporated milk
- 2 eggs
- 1 16-oz can pumpkin (or 1½ C fresh, cooked pumpkin)
- 2½ t pumpkin pie spice (or 1½ t allspice, 1½ t cinnamon, ½ t ginger, ¼ t nutmeg for a spicier pie)
- 2 t vanilla extract

Preheat oven to 350°. Lightly grease a deep dish pie plate, 10" × 1½", or two shallow 9" pie plates. Beat all ingredients for 1 minute in a food processor or 2 minutes with an electric mixer. Pour into pie plate(s) and bake 50–55 minutes or until browned. Refrigerate any leftover pie. Serve with whipped cream.

Mary Smith • Midlothian, VA

Gingersnap Apple Pie

- 1/2 C sugar
- 3/4 C gingersnap cookie crumbs
- 1 T flour
- 1/2 t salt
- 1/2 C chopped walnuts
- 1/4 C melted butter
- 1/2 t cinnamon
- 4 C peeled, cored and sliced apples
- 1/2 C maple syrup

Mix together sugar, crumbs, flour, salt, nuts, cinnamon and melted butter in a small bowl. Place 2 cups of the apple slices in a lightly buttered 9" pie shell. Sprinkle 1/2 crumb mixture on top. Add 2 more cups apple slices and remaining crumbs on top. Bake at 350° for 45 minutes. Heat maple syrup to boiling point and pour over pie; bake 15 minutes more. This turns out more like an apple crisp. If you really want a pie, follow same recipe, but line the pie plate with your favorite pie pastry.

Kathy Hannah • Richmond, VA

Strawberry-Rhubarb Pie

- 1 C sugar
- 1/4 t salt
- 1/4 t nutmeg
- 2 T tapioca
- 1/4 C orange juice
- 3 C rhubarb, cut into 1/2" pieces
- 1 C sliced strawberries
- 2 T butter
- 1 unbaked pie shell

Mix sugar, salt, nutmeg, orange juice and rhubarb. Pour into unbaked pie shell. Top with strawberries, dot with butter. Bake in preheated 450° oven for 10 minutes, then reduce heat to 350° and bake an additional 30 minutes.

Denise Devoe • Virginia Beach, VA

Mother's Blueberry Pie

- 1 heaping T butter
- 1 heaping T sugar
- 1 heaping t baking powder
- 1 C flour
- 1 egg
- 2 pts blueberries
- 1 C sugar
- 1 heaping T quick tapioca

Mix butter, sugar, flour and baking powder in a small bowl. With a fork, blend in the egg. Pat into a 8" or 9" pie tin to form the crust. In a large bowl, crush 1 pt of the berries, then stir in remaining pint. Mix into the berries the sugar and tapioca. Pour into crust and bake about 30 minutes at 375° or until berries are bubbling in the center of the pie. Cool on a wire rack. Sprinkle with powdered sugar when cool.

Kathy Hannah • Richmond, VA



Vermont Maple Nut Pie

irresistible!

- 1 14-oz can sweetened condensed milk
- ½ C real maple syrup
- ½ C chopped walnuts
- ½ t maple extract
- 1 baked 8" pie crust

Bring milk and syrup to a gentle boil. Cook until thickened, stirring frequently. Mix in nuts and extract. Pour into pie crust. Cool completely. Spoon whipped cream over pie. Chill until serving time. Serves 8.

Janet Barr • Jericho, NY

Stir N Roll Pastry *no fail!*

Pour ⅓ cup Wesson Oil and ¼ cup of cold milk into one measuring cup; don't stir. Add all at once to 1⅓ cup sifted flour and 1 t salt in a small mixing bowl. Stir until mixed. Press into smooth ball. Flatten slightly between 2 12" squares of waxed paper. Dampen table top to prevent slipping. Roll out gently to edges of paper; peel off top paper. Ease pastry into pan; flute edges. Prick with fork. Bake at 450°, 10–12 min., until golden brown. Makes one 9" pastry shell.

Ilene Decker • Thousand Oaks, CA

Spicy Pumpkin Pie

- 2 deep dish 9" pie crusts, unbaked
- 4 C canned pumpkin
- 4 eggs
- 2 T pumpkin pie spices
- 1 C chopped walnuts
- $\frac{1}{2}$ C honey
- 4 T brown sugar
- $\frac{1}{2}$ C sweetened condensed milk
- $\frac{1}{3}$ C corn syrup
- $\frac{1}{4}$ C butter, melted and cooled
- 3 T cooking sherry
- 1 T vanilla extract

Mix all ingredients in a large bowl. Taste for sweetness; if more desired, add a bit more sweetened milk or corn syrup. Pour evenly into pastry lined pie plates. Bake at 425° for 15 minutes, reduce heat to 350° and bake an additional 45 minutes or until an inserted knife comes out clean.

H.D. Rhone • Los Angeles, CA

Chocolate Chip Pie

- $\frac{1}{2}$ C butter, melted
- 4 eggs, beaten
- 1 C sugar
- 2 unbaked pie shells
- 1 C light corn syrup
- 1 C broken pecans
- 1 6-oz pkg chocolate morsels

Into each pie shell, sprinkle $\frac{1}{2}$ the nuts and $\frac{1}{2}$ the chips. Over this, pour mixture of butter, eggs, sugar and corn syrup. Bake 30–40 minutes at 350°. Best served warm.

Leanne A. Sullivan • Nashville, TN

Pennsylvania Dutch Shoo Fly Pie

- 2 9" pastry lined pie pans
- 1¼ C molasses
- 1 egg, well beaten
- 1 T baking soda
- 1½ C boiling water
- 3 C flour
- 2 C firmly packed dark brown sugar
- ½ C butter or margarine
- ½ t nutmeg
- ⅛ t ginger
- ⅛ t cloves
- ½ t cinnamon
- 1 t salt

Dissolve baking soda in the boiling water. Blend in egg and molasses. Combine flour, brown sugar, salt, spices and butter, cutting in butter until mixture is crumbly. Pour liquid evenly into 2 pie pans, top each with half the crumb mixture. Bake at 350° for 30–40 minutes or until firm.

Barbara Bruckart • Richmond, VA

Maggie's Pecan Pie

- 1 9" unbaked pie crust
- 3 eggs
- 1 C dark corn syrup
- ½ C sugar
- ¼ C butter
- 1 t vanilla extract
- 1 C pecan halves

Preheat oven to 350°. In medium bowl, with a wire whisk, beat eggs well. Beat in syrup, butter, sugar and vanilla until well blended. Arrange pecans in bottom of pie crust and *slowly* pour in egg mixture. Bake one hour. Cool thoroughly before cutting. Serve with dairy topping or vanilla ice cream.

Maggie Yarborough • Norfolk, VA

Derby Pie

- 3 eggs slightly beaten
- 1 C sugar
- 1 T flour
- $\frac{1}{2}$ t salt
- 1 C light corn syrup (Karo)
- 1 T melted butter
- 1 t vanilla
- $1\frac{1}{2}$ C chopped pecans
- 1 C chocolate chips

Mix all ingredients and pour into unbaked pie shell. Bake at 350° for about 1 hour. Must set for at least 2 hours before serving.

Marlene Rivas • Richmond, VA



Fudge Pie

- 1 C butter
- $\frac{1}{2}$ C flour
- $\frac{1}{2}$ C cocoa
- 2 C sugar
- 4 eggs
- $\frac{1}{2}$ -1 C chopped nuts

Preheat oven to 375° . Butter a 10" pie plate. Melt butter, add flour, cocoa and sugar. Beat eggs until frothy, fold into chocolate mixture; add nuts. Pour into pie plate. Bake 25-30 minutes or until crusty.

Margaret Hanson • Thousand Oaks, CA

Nut Cookie Crust For Pie

- $\frac{1}{2}$ C butter, softened
- $\frac{1}{3}$ C packed brown sugar
- $1\frac{1}{4}$ C flour
- $\frac{1}{2}$ C chopped nuts
- $\frac{1}{4}$ t salt
- $\frac{1}{4}$ t baking soda
- $\frac{1}{2}$ t vanilla extract

Mix butter and brown sugar in large bowl. Stir in remaining ingredients until just crumbly. Press mixture against bottom and side of ungreased 9" pie pan, building up $\frac{1}{2}$ " edge; flute, if desired. Good with almost any type pie!

Kathy Hannah • Richmond, VA



Frozen Raspberry Pie

- 1/3 C butter
- 1 C flour
- 1/4 C packed brown sugar
- 1 pt raspberry sherbet
- 1 qt vanilla ice cream
- 1 10-oz pkg frozen raspberries, thawed
- 2 T sugar
- 1 T cornstarch
- 3 T Triple Sec liqueur

In the microwave, melt butter in an 8" pie plate. Stir in flour and brown sugar. Microwave on HIGH for 4 minutes, stirring every minute. Reserving 1/3 of the crumb mixture for topping, press remaining crumbs firmly and evenly into pie plate. Cool. Spread sherbet on crust. Freeze. Remove from freezer, spread with the vanilla ice cream, sprinkle with reserved crumbs. Return to freezer and freeze until firm. If making more than a day ahead of serving time, cover and wrap with foil. Drain liquid from raspberries into a 2 C glass measure. Add water to make 1 cup. Stir in sugar and cornstarch. Microwave on HIGH for 2 minutes. Stir. Microwave on HIGH 30 seconds to 1 1/2 minutes until boiling. Fold in berries and liqueur. Serve frozen pie slices with hot sauce

Kathy Hannah • Richmond, VA



Heavenly Pie

this is so versatile — use any variety of canned fruit!

- 1 8-oz pkg cream cheese
- 1 14-oz can sweetened condensed milk
- 1/3 C lemon juice
- 1 9-oz carton frozen whipped topping
- 1/2 C chopped pecans
- 1 C drained canned fruit (peaches, pineapple, mandarin oranges, fruit cocktail, etc.)
- 2 9" graham cracker pie shells

Combine cream cheese, condensed milk and lemon juice; beat until smooth. Fold in whipped topping. Stir in pecans and fruit; pour into pie shells and refrigerate several hours. Makes 2 pies.

Leanne A. Sullivan • Nashville, TN

Phil's Rum Pie

- 1 envelope unflavored gelatin
- 1 C sugar, divided
- $\frac{1}{8}$ t salt
- 2 eggs, separated
- 1 C milk
- $\frac{1}{4}$ C dark rum
- 12 oz semi-sweet chocolate morsels
- 1 C heavy cream
- 1 t vanilla extract
- 1 9" graham cracker crust, dusted with cinnamon

In top of double boiler, mix gelatin, $\frac{1}{4}$ C sugar and salt. Beat in egg yolks, milk and rum. Cook over boiling water until slightly thickened. Remove from heat, stir in chocolate chips until thoroughly blended. Chill until thickened, but *not* set. Beat egg whites, until foamy, gradually add $\frac{1}{2}$ C sugar and beat until very stiff. Fold into chocolate mixture. Whip cream with $\frac{1}{4}$ C sugar and vanilla until stiff. Alternate the two mixtures in the pie shell; swirl to marbelize. Chill at least 2 hours or freeze. Best made the day before serving. Makes 8–10 servings, if you're lucky!

Phil Rizika • Richmond, VA

Grasshopper Pie

- $\frac{1}{4}$ C butter
- 2 C (about 20) finely crushed Oreos
- 8 oz softened cream cheese
- 1 14-oz can sweetened, condensed milk
- 3 T reconstituted lemon juice
- $\frac{1}{2}$ C Creme de Menthe
- $\frac{1}{8}$ C white Creme de Cacao
- 1 9-oz container Cool Whip

In small saucepan, melt butter; stir in crumbs, reserving 1 T for garnish. Pat crumbs firmly on bottom and sides of buttered 9 inch pie plate. Chill while preparing filling.

In large mixing bowl, beat cream cheese until fluffy. Gradually beat in milk. Stir in lemon juice; fold in Creme de Cacao and Creme de Menthe, and whipping cream.

Pile into crust. Garnish with reserved crumbs. Chill 4 hours or until set. Refrigerate leftovers (if there are any). This will make one 9" pie.

Muriel Perry • Richmond, VA



Lemon Freeze Pie

- 1 3-oz pkg lemon Jello
- $\frac{3}{4}$ C boiling water
- 2 T lemon juice
- 2 t grated lemon rind
- 2 C ice cubes
- 1 8-oz container Cool Whip, thawed
- 1 commercially prepared graham cracker crust

Dissolve gelatin completely in boiling water, stirring 3 minutes. Add lemon juice, lemon rind and ice cubes; stir constantly until gelatin is thickened, about 2 minutes. Remove any unmelted ice. Using a wire whisk, blend in Cool Whip, then whip until smooth. Chill, if necessary, until mixture will mound. Spoon into pie crust. Chill 2 hours or freeze until firm.

Phil Alschbach • Richmond, VA

Pecan Pie

- 1 9" unbaked pie shell
- 3 eggs
- $\frac{1}{2}$ C sugar
- $\frac{1}{2}$ C packed brown sugar
- $\frac{1}{4}$ C melted butter
- 1 C pecans
- $\frac{1}{2}$ C dark corn syrup

Preheat oven to 375°. Beat eggs slightly, then stir in sugars, syrup and butter. Fold in pecans. Pour into pie shell. Bake for 35–40 minutes until filling is slightly firm.

Debbi Bailey • Charleston, SC

HINT Flour pecans before mixing in and they will not settle to the bottom.

Leanne A. Sullivan • Nashville, TN



Lemonade Pie

- 1 6 oz can lemonade
- 1 12-oz container Cool Whip
- 1 can Eagle Brand milk
- 1 graham cracker crust

Mix first three ingredients together until smooth. Use a mixer. Spoon into pie crust. Refrigerate. Be sure to cover pie to keep moist.

Ann Nonymous • Norfolk, VA

Banana Cream Pie

- 1 3½-oz pkg instant banana pudding
- ½ pt sour cream
- 1 C whipped cream
- 1 C milk
- 2 bananas
- 1 9" graham cracker or baked pastry pie crust

Mix pudding mix with milk; fold in whipped cream and sour cream. Put a thick layer of mixture into pie crust. Cut bananas in thin slices and layer over pudding. Add remaining pudding. Top with additional whipped cream, if desired. Chill until ready to serve.

Robyn Browning • Los Angeles, CA



Pineapple Pudding Pie

- 1 9" graham cracker pie crust
- 1 4-oz package instant pudding mix (butter pecan or vanilla)
- 1 4-oz can crushed pineapple
- 1 8-oz container sour cream
- 1 Container Cool Whip

Blend pudding mix (dry) with sour cream. Stir until smooth. Add pineapple, undrained. Stir. Pour into graham cracker crust. Let set in refrigerator. Spread Cool Whip over top. Serve chilled.

Makes 8 servings

Lisa Kutak • Richmond, VA

Cooks' Quips

Egg whites for meringue should be set out at room temperature before beating to gain greater volume.

Meringue won't shrink if you spread it on the pie so that it touches the crust on all sides before baking.

If you want a pecan pie and haven't any nuts, try substituting crushed cornflakes.

To prevent fruit pies from running over, cut paper drinking straws into short lengths and insert through slits in pie crust before baking.

Fresh Glazed Green Apple Cookies

- 2 C sifted flour
- 1 t baking soda
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ C apple juice
- 1 egg
- $\frac{1}{2}$ C soft shortening
- 1 t cinnamon
- $\frac{1}{2}$ t ground cloves
- $\frac{1}{2}$ t nutmeg
- 1 $\frac{1}{3}$ C firmly packed brown sugar
- 1 C nuts, chopped (optional)
- 2 medium unpared green apples, cored, cut in 1" chunks

Preheat oven to 400°. Combine flour, soda and salt in a bowl and set aside. Place apple juice, egg, shortening, spices and brown sugar into a blender container; cover and blend on HIGH until smooth. Add nuts and apples; turn blender on and off continuously just until chopped. Empty into flour mixture and mix well. Drop by teaspoonfuls onto greased cookie sheet. Bake 5-7 minutes or until set. While hot, spread cookies with Vanilla Glaze.

Vanilla Glaze

- 1 t softened butter
- $\frac{1}{4}$ t vanilla extract
- $\frac{1}{8}$ t salt
- 1 $\frac{1}{2}$ C sifted powdered sugar
- 2 $\frac{1}{2}$ T light cream

With electric mixer, cream together butter, vanilla and salt. Add sugar and cream, continue to mix until well blended.

Connie Krost • Los Angeles, CA

Double Chocolate Chip Cookies

- 1 2-layer pkg Fudge cake mix
- $\frac{1}{2}$ C flour
- $\frac{2}{3}$ C vegetable oil
- 2 eggs
- $\frac{1}{2}$ C semi-sweet chocolate chips
- $\frac{1}{2}$ C peanut butter chips

Preheat oven to 375°. Blend cake mix, flour, oil and eggs. Stir in chips. Drop from a teaspoon onto an ungreased cookie sheet. Bake for 9-11 minutes until cookie tests clean with a toothpick. Cool on cookie sheet about 8 minutes, before removing to rack.

Tami Decker • Thousand Oaks, CA

Butterscotch Fingers

- 1 C butter, softened
- $\frac{3}{4}$ C firmly packed light brown sugar
- 1 t vanilla extract
- $\frac{1}{2}$ C chopped pecans
- $2\frac{1}{2}$ C sifted flour
- $\frac{1}{2}$ t baking powder
- 1 C butterscotch morsels
- $\frac{3}{4}$ C chopped pecans

Melt butter, remove from heat; stir in sugar, vanilla and $\frac{1}{2}$ C pecans. Sift flour and baking powder; add to butter mixture. Form dough into 42 balls, 1 teaspoon each, then continue rolling each into a 3" cylinder. Place on an unbuttered cookie sheet and bake at 350° for 15 minutes. Cool. Melt butterscotch morsels over hot water; dip one end of cookie into butterscotch to a depth of 1", then immediately into $\frac{3}{4}$ C chopped nuts to coat thoroughly.

Kathy Hannah • Richmond, VA

Glazed Pumpkin Cookies

- 2 C flour
- 3 t baking powder
- $\frac{1}{2}$ t salt
- 2 t cinnamon
- $\frac{1}{2}$ t nutmeg
- $\frac{1}{4}$ t ginger
- $\frac{1}{2}$ C soft butter
- 1 C sugar
- 2 eggs
- 1 C canned pumpkin
- 1 C raisins
- 1 C chopped nuts

Preheat oven to 350°. Lightly grease baking sheets. Sift dry ingredients together. Beat butter, sugar and eggs together. Beat in pumpkin at low speed. Beat in dry ingredients just until combined. Fold in raisins and nuts. Drop by tablespoons 2" apart. Bake 12–15 minutes until golden. Cool on rack. Make Glaze and spread on warm cookies. Makes 3 $\frac{1}{2}$ dozen.

Glaze

- $1\frac{3}{4}$ C powdered sugar
- 1 T grated lemon peel
- 1 T lemon juice

Ilene Decker • Thousand Oaks, CA

Lattice Squares (Rácsos Tészta)

4 C flour
 ½ lb butter
 ¾ C sugar
 1 t baking powder
 1 t baking soda
 ½ t salt
 4 egg yolks
 ½ pt sour cream
 grated rind of 1 lemon
 ½ T lemon juice

Mix dry ingredients with butter as for pie dough. Beat eggs, add sour cream and rind of lemon with juice. Mix well. Add to dry ingredients. Roll out about ¼" thick and save ¼ of dough for lattice strips. Put dough in ungreased 9 x 12 inch pan or cookie sheet. Spread with any kind of *thick jam or preserves*. Cut remaining dough into strips with pastry cutter and arrange lattice style over filling. Brush with one slightly beaten egg white. Sprinkle with sugar and chopped nuts and bake at 350° until browned. When cool, cut into squares.

Erma Seres • Granada Hills, CA

Oatmeal Chocolate Chip Cookies

1 C shortening
 2 eggs
 1 C firmly packed brown sugar
 1 C white sugar
 1½ t vanilla extract
 3 C quick oats
 1 t baking powder
 ½ t baking soda
 1½ t salt
 2 C flour
 1 12-oz pkg chocolate morsels

Cream shortening and sugars, add eggs and vanilla. Sift together flour, soda, salt and baking powder. Add to creamed mixture, mix well. Add oats and chocolate chips. Drop by teaspoonfuls on cookie sheets. Bake at 350° for 10–12 minutes.

W. Claude Dukenfield • Los Angeles, CA

Banana Oatmeal Drops

- 1 C brown sugar, packed
- $\frac{3}{4}$ C butter or margarine
- 1 egg
- 1 C mashed bananas (2 large)
- $1\frac{1}{2}$ C flour
- $\frac{1}{2}$ t baking soda
- $\frac{1}{4}$ t salt
- 1 6-oz pkg semi-sweet chocolate chips
- $1\frac{3}{4}$ C quick oats

Cream together sugar, butter and egg. Blend in bananas. Combine flour, soda and salt; add to creamed mixture. Stir in chocolate chips and oats. Drop by teaspoonfuls on greased cookie sheet. Bake at 375° for 15 minutes. Cool on rack. Makes about 5 dozen soft cookies.

Robyn Browning • Los Angeles, CA

Cherry Winks

- $\frac{3}{4}$ C shortening
- 1 C sugar
- 2 beaten eggs
- 2 T milk
- 1 t vanilla
- $2\frac{1}{4}$ C flour
- 1 t baking powder
- $\frac{1}{2}$ t baking soda
- $\frac{1}{2}$ t salt
- 1 C chopped dates
- 1 C chopped pecans
- $\frac{1}{3}$ C chopped maraschino cherries
- $2\frac{1}{2}$ C cornflakes, crushed
- 21 maraschino cherries, halved

Cream shortening and sugar. Add eggs, milk and vanilla. Sift together dry ingredients; add to creamed mixture. Fold in nuts, dates and cherries. Shape into balls using a level teaspoon of dough for each cookie. Roll each ball of dough in cornflakes, top with a cherry half. Bake at 375° for 10–12 minutes. Makes $3\frac{1}{2}$ dozen cookies.

Muriel Perry • Richmond, VA

Hungarian crescent yeast cookies

½ C dairy sour cream
1 T boiling water
1 pkg dry yeast
½ C margarine, softened
½ C sugar
2 egg yolks
¼ C flour
additional flour, 1–1½ C
1 C finely chopped walnuts
½ C sugar
1 t vanilla extract
2 egg whites, stiffly beaten
powdered sugar

Combine sour cream and water; mix well. Stir in yeast. Let stand 3 minutes. Stir until yeast is completely dissolved; set aside. Place margarine and sugar in a small bowl. Add sour cream mixture and beat 1 minute at low speed. Add egg yolks and ¼ C flour; beat at medium speed 1 minute. Stir in enough additional flour (start with 1 cup) to make a soft dough. Turn onto floured board; knead 8–10 minutes until smooth and elastic. Divide into 3 pieces, wrap in waxed paper. Chill 2 hours or up to 5 days. When ready to shape, combine walnuts, ½ C sugar and vanilla; fold in egg whites. On a board dusted with powdered sugar, roll each piece of dough into a 10 in circle; cut each into 12 wedges. Top wide edge of each wedge with 1 t filling. Roll from wide edge to point. Place on greased baking sheets, with points underneath. Bake at 375° about 20 minutes or until golden brown. Cool on wire racks. Dust with powdered sugar when ready to serve.

Variation: instead of walnut filling, use apricot or prune preserves.

Ilene Decker • Thousand Oaks, CA

Kolachki

Dough

- 1 lb cream cheese
- 1 lb butter
- 4 C flour

Filling

- 2 C ground nuts
- $\frac{1}{2}$ C sugar
- milk enough to moisten to a paste consistency

Set butter and cheese out until they reach room temperature; cream together. Add flour, mix well, using hands if necessary. Form into 4 balls and refrigerate overnight in plastic wrap. Roll dough to $\frac{1}{8}$ " thickness on a pastry cloth sprinkled with powdered sugar. Cut with a diamond-shaped cookie cutter; place about 1 teaspoon Filling in center of each cookie, overlap opposite long corners to close cookies. Bake on greased cookie sheets at 350° for 15 minutes. Remove from pan while hot.

Cathy Antos • Los Angeles, CA

Renee's Oatmeal Cookies

- $\frac{3}{4}$ C margarine
- 1 C firmly packed light brown sugar
- $\frac{1}{2}$ C white sugar
- 1 t vanilla
- 1 beaten egg
- $\frac{1}{4}$ C warm water
- $\frac{1}{2}$ t cinnamon
- $3\frac{1}{2}$ C uncooked rolled oats
- $\frac{3}{4}$ C flour
- $\frac{1}{2}$ t baking soda
- dash of salt

Set oven to 350°. Cream margarine and sugars; add egg, water and vanilla. Combine remaining ingredients, add to creamed mixture; mix well. Drop by rounded teaspoonfuls onto greased cookie sheets. Bake 12–15 minutes. For variety, add chopped nuts, raisins or coconut.

Renee Jones • Richmond, VA

Cream Cheese Cookies

- 1 3-oz pkg cream cheese, softened
- 1 C soft butter
- 1 C sugar
- 1 egg yolk
- 1 t vanilla extract
- 2½ C sifted flour

Glaze

- 2 T butter
- 3 squares semisweet chocolate (or ¾ C chocolate chips)
- chocolate nonpareils or coconut

Preheat oven to 375°. In a large bowl, with wooden spoon or at medium speed with electric mixer, beat cheese, butter, sugar, egg yolk and vanilla until light and fluffy. Stir in flour to make a soft dough. Using teaspoonfuls of dough, form walnut size balls. Bake 8–10 minutes until set but not brown. Remove to wire rack and cool. Meanwhile, make glaze. Over hot, not boiling water, melt butter and chocolate; mix well. Dip tops of cookies into chocolate mixture, then into nonpareils or coconut. These freeze well.

Kathy Hannah • Richmond, VA

Candy Cane Crisps

- 1 C margarine
- 1 C powdered sugar
- 1½ t vanilla extract
- 1½ C flour
- 1 C rolled oats
- ½ t salt
- ¼ C coarsely crushed candy canes
- additional crushed candy canes

Cream margarine and sugar; add vanilla. Add flour, oats and salt, mix until well blended. Fold in candy cane. Roll rounded teaspoonfuls of dough into ¾" balls, then into powdered sugar to coat. Place balls about 2" apart on a greased and floured cookie sheet. With a fork, flatten cookies in a crisscross pattern. Sprinkle each with about ½ t additional crushed candy cane. Bake at 325° until edges are lightly brown— 18–20 minutes. Cool 2–3 minutes on cookie sheet before transferring to racks to cool completely.

Makes about 4 dozen.

Ilene Decker • Thousand Oaks, CA

Lemon-Pecan Dainties

- $\frac{2}{3}$ C shortening
- 1 C sugar
- 1 egg
- 1 T grated lemon peel
- 1 T lemon juice
- $\frac{2}{3}$ C sifted flour
- 1 t baking powder
- $\frac{1}{2}$ t salt
- 1 C finely chopped pecans

Thoroughly cream shortening and sugar; add egg, lemon peel and juice; beat well. Sift together dry ingredients; add to creamed mixture; mix well. Stir in nuts. Shape into rolls 2" in diameter. Wrap and chill. When ready to bake, slice in $\frac{1}{4}$ " slices; bake on greased cookie sheet at 350° for 12–15 minutes. Cool slightly before removing from pan. Makes about 5 dozen.

Signe Sellwood • Newbury Park, CA

Super Gingerbread Men

- $\frac{3}{4}$ C butter, softened
- $\frac{3}{4}$ C brown sugar, packed
- 1 egg
- $\frac{1}{3}$ C molasses
- $2\frac{3}{4}$ C flour
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t baking soda
- 1 t cinnamon
- $\frac{3}{4}$ t ginger
- $\frac{1}{2}$ t ground cloves

Beat butter with sugar. Beat in egg and molasses. Mix flour, soda, salt, cinnamon, ginger and cloves. Gradually beat into butter mixture. Chill dough until it is no longer sticky (at least 1 hour). Roll out dough on a generously floured board to $\frac{1}{3}$ " thickness. Cut into shapes with gingerbread man or other fancy cutters. Place on a lightly greased baking sheet. Bake at 350° for 9 minutes. Remove to rack to cool. Decorate with ornamental icing and decors. Makes 3½ dozen 4" gingerbread men (double recipe to make 21 8" cookies).

*to hang cookies on tree or greenery, poke a small hole in top of cookie before baking. Thread a ribbon through hole after cookies are baked.

Ilene Decker • Thousand Oaks, CA

Maple Nut Triangles

- ½ C butter
- ½ C soft shortening
- ¾ C firmly packed brown sugar
- 1 t maple extract
- ½ t salt
- 2 C sifted flour
- 1 12-oz pkg semi-sweet chocolate chips
- 1-1½ C chopped walnuts

Cream butter and shortening; add brown sugar, salt and flavoring. Stir in flour until totally blended. Chill at least 1 hour. Preheat oven to 350°. On a floured board, roll out dough to ¼" thickness. With a sharp knife, cut dough into a square grid pattern, about 8 inches square. Slice diagonally into triangle shapes. Transfer to cookie sheet with a spatula. Bake for 8-10 minutes. Cool on wire racks. Melt chocolate chips over hot water or in microwave oven. Place chopped nuts in small bowl. When cookies are cool, dip each top of cookie in melted chocolate, spread evenly, and dip chocolate side into chopped nuts. Dry on racks. (If freezing, set cookies on racks in freezer until firm, then place in plastic bags to store.)

Annie Maurer • Richmond, VA

Seven Layer Cookies

- ½ C butter or margarine
- 1 C graham cracker crumbs
- 1 C moist coconut
- 1½ C finely chopped nuts
- 1 6-oz pkg butterscotch chips
- 1 6-oz pkg chocolate morsels
- 1 15-oz can sweetened condensed milk

Melt margarine in a 9" x 9" pan. Spread cracker crumbs over margarine and pat into a crust. Sprinkle in layers; the coconut, the chocolate chips, the butterscotch chips. Drizzle the condensed milk evenly over entire pan. Top with nuts. Bake in preheated oven at 350° for 30 minutes. Cut into squares while still warm.

Leanne A. Sullivan • Nashville, TN

VARIATION: For seventh Heaven, increase the chocolate chips to 12 oz.

Robyn Browning • Los Angeles, CA

Merry Christmas Cookies

- 1½ C sifted powdered sugar
- 1 C butter
- 1 egg
- 1 t vanilla extract
- ½ t almond extract
- 2½ C sifted flour
- 1 t baking soda
- 1 t cream of tartar

Cream sugar and butter until smooth; add egg and flavorings. Mix together dry ingredients and add to creamed mixture. Chill 2–3 hours. Roll out to ¼" on a floured board. Cut with favorite cookie cutters. Bake at 375° for 7–8 minutes.

Ilene Decker • Los Angeles, CA

Best Oatmeal Crisps

- ¼ lb margarine
- ¼ lb butter
- ½ C sugar
- 1 C flour
- 1½ C quick oats
- powdered sugar

Cream together margarine, butter and sugar. Add flour and oats, mix well. Chill at least one hour. Drop by teaspoonfuls on a cookie sheet, flatten with the bottom of a glass dipped in flour. Bake at 350° for 10–12 minutes or until edges just start to brown. Remove to wire racks to cool, sprinkle with powdered sugar shaken from a fine sieve.

Larsen Farmar • Richmond, VA

Mexican Wedding Cakes

- 1 C butter
- 1 t vanilla extract
- 2 C flour
- ½ C powdered sugar
- pecan halves

Cream butter and sugar; add vanilla. Stir in flour. Pinch off and roll into walnut sized balls, burying a pecan half in the center of each. Bake at 325° until set but not brown, about 25 minutes. Roll in additional powdered sugar while still warm.

Violet Haydu • Lake Havasu, AZ

Molasses Crinkles

- ¾ C soft shortening
- 1 C dark brown sugar, firmly packed
- 1 egg
- ¼ C dark molasses
- 2½ C flour
- 2 t baking soda
- ¼ t salt
- ½ t cloves
- 1 t cinnamon
- 1 t ginger

Cream shortening and sugar, add egg, mix well. Continuing to mix, pour molasses into creamed mixture. Sift together the dry ingredients; add to first mixture. Chill at least one hour. Pinch off walnut sized pieces, roll into balls. Dip tops into granulated sugar. Sprinkle each cookie with a few drops of water before baking. Bake at 375° for 10–12 minutes.

Kathy Hannah • Richmond, VA



Molasses Spice Bars

sprinkle top with powdered sugar for an attractive finish

- 2 eggs
- 1 C sugar
- ½ t salt
- 1 t vanilla
- ½ C butter, melted
- ¼ C dark molasses
- 1¼ C flour
- 1 t cinnamon
- ½ t allspice
- 1 T cocoa
- 1 C chopped nuts

In a small bowl at medium speed on mixer, beat together eggs, sugar, salt and vanilla until light, about 1 minute. Add butter and molasses; continue beating until thoroughly blended. Mix in flour, cocoa and spices at low speed. Stir in ½ C nuts. Spread evenly in greased 8" square microwave dish. Sprinkle remaining nuts on top. Microwave on HIGH 8–10 minutes, rotating dish ¼ turn every 2 minutes. When cool, cut into bars.

Variation: Honey-Spice-Bars – Substitute honey for molasses; increase cinnamon to 2 teaspoons.

Barbara Smith • Raleigh, NC

Funnel Cakes

- 2 eggs, beaten
- 1½ C milk
- 2 C sifted flour
- 1 t baking powder
- 1 t salt
- 2 C vegetable oil, for frying
- sifted powdered sugar

Combine eggs and milk in a bowl. Sift together flour, baking powder and salt. Add to egg mixture and beat until smooth. Heat oil in deep skillet to 360°. Cover spout of funnel with finger and pour ¼ C batter into funnel. Remove finger to release batter into hot oil in a spiral, starting in center and winding like a coil. Fry until golden brown, about 3-4 minutes. Turn carefully and cook 1-3 minutes longer. Drain on paper towels and dust with powdered sugar. Makes 6-8 funnel cakes.

Ilene Decker • Thousand Oaks, CA

Peanut Butter Fudgies

- 2 C sugar
- 2 squares unsweetened chocolate
- ½ C margarine
- ½ C evaporated milk
- ¼ t salt
- ½ C peanut butter
- 2 t vanilla
- 2 C quick oats

Combine sugar, chocolate, margarine, milk and salt in a saucepan. Bring to a boil over low heat. Boil for one minute. Remove from heat. Add peanut butter and vanilla. Stir until smooth. Add quick oats. Let stand 2-3 minutes. Drop by spoonfuls on to waxed paper. Cool. Makes about 30 cookies.

Lynn Walker • Charleston, SC

Mosaic Cookies

great eye appeal

- 2 T butter
- 1 6-oz pkg chocolate chips
- 1 egg, beaten
- 1 C powdered sugar
- 1 C chopped walnuts
- 4 C miniature colored marshmallows
- 2 C shredded coconut

Melt butter and chocolate in double boiler (or microwave) do not cook. Add beaten egg, sugar and nuts. Pour over marshmallows, mix well. Form into 3 rolls. Roll each log in coconut. Chill and slice. Keep in refrigerator. Makes about 4 dozen.

Teresa Billings • Oxnard, CA

Pecan Pie Surprise Bars

- 1 18.5-oz pkg butter or yellow cake mix
- ½ C butter, melted
- 1 egg

Filling

- ⅔ C reserved cake mix
- ½ C firmly packed brown sugar
- 1½ C dark corn syrup
- 1 t maple flavoring
- 3 eggs

Top

- 1 C chopped pecans

Preheat oven to 350°. Generously grease bottom and sides of a 9 x 13 in pan. Reserve ⅔ C dry cake mix for filling. In large bowl, combine remaining cake mix, butter and egg, mix until crumbly. Press into prepared pan. Bake for 15-20 minutes until light golden brown. Meanwhile, prepare Filling: In a large bowl, combine all filling ingredients; beat at medium speed 1-2 minutes. Pour filling over partially baked crust; top with pecans. Return to oven and bake for 30-35 minutes more until filling is set. Cool, cut into bars.

Margaret Hansen • Thousand Oaks, CA

Caramel Brownies

- 1 14-oz pkg caramels
- $\frac{1}{3}$ C evaporated milk
- 1 2-layer pkg German chocolate cake mix
- $\frac{3}{4}$ C butter, melted
- $\frac{1}{3}$ C evaporated milk
- 1 C nuts, chopped
- 1 C chocolate chips

In a sauce pan, combine caramels and $\frac{1}{3}$ C milk. Grease and flour a 13 x 9 in pan. In a large mixing bowl, combine cake mix, butter, the remaining milk (and nuts, if desired). Mix by hand until dough sticks together. Press $\frac{1}{2}$ of dough into prepared pan, reserving remaining dough. Bake at 350° for 6 minutes. Spread caramel mixture over top. Crumble reserved dough and add chocolate chips. Sprinkle mixture over caramel layer. Return to oven and bake an additional 15–18 minutes. Cool, cut into bars and refrigerate.

Tami Decker • Thousand Oaks, CA

Date and Walnut Bars

- $\frac{3}{4}$ C unsifted flour
- 1 t baking powder
- $\frac{1}{2}$ t salt
- 2 eggs
- 1 C light brown sugar, packed
- 1 C sliced dates
- 1 C coarsely chopped walnuts
- 1 t vanilla extract
- confectioners' sugar

Preheat oven to 350°. Lightly grease and line bottom of a 9 x 9 x 2 in baking pan with waxed paper. Sift flour with baking powder and salt; set aside. In medium bowl, with electric mixer, beat eggs until light. Gradually add brown sugar, beating until smooth and fluffy. Add dates, nuts and vanilla; mix thoroughly. Stir in dry ingredients; mix well. Spread in prepared pan. Bake 25–30 minutes or until surface springs back when lightly pressed with fingertip. Cool slightly. Remove from pan to wire rack; peel off waxed paper. With sharp knife, cut into 24 bars while still warm. To serve, roll in confectioners' sugar.

Makes 24 bars.

Ann Nonymous • Richmond, VA

Pumpkin Bars

melt in your mouth, with a cream cheese topping

- 4 eggs beaten
- 2 C sugar
- $\frac{3}{4}$ C margarine, melted
- 2 C canned pumpkin (not filling)
- 2 C flour
- 2 t baking powder
- 1 t baking soda
- $\frac{1}{2}$ t cinnamon

Mix first 4 ingredients, then add dry ingredients. Bake in greased jelly roll pan $10\frac{1}{2} \times 15\frac{1}{2}$, at 325° for 25-30 minutes. Test as you would a cake. When cool, spread with Topping.

Topping

- 1 3-oz pkg cream cheese
- 1 T light cream
- 6 T margarine, softened
- 1 t vanilla extract
- 3 C powdered sugar

Mix all until smooth. Sprinkle with chopped nuts, if desired.

Ilene Decker • Thousand Oaks, CA

Sugar Oatmeal Cookies

- $\frac{1}{2}$ C soft shortening
- 1 C sugar
- 1 C oatmeal
- 1 egg
- $\frac{1}{2}$ t lemon extract or 1 t of vanilla extract
- 2 C of self-rising flour
- $\frac{1}{2}$ t of salt
- 3 T of milk

Blend shortening, sugar, egg, and lemon or vanilla extract and oatmeal. Add combined dry ingredients alternately with milk. Place by tablespoonsful on greased cookie sheet. Sprinkle with sugar.

Bake at 400° until done, about 8-10 minutes.

Mary Wagner • Richmond, VA

Pecan Tassies

- ½ C margarine, softened
- 1 3-oz pkg cream cheese, softened
- 1 C sifted flour

Blend margarine and cheese, stir in flour. Chill dough 1 hour. Press about 1 t of dough into each well of a tiny muffin or tart tin.

- 1 C chopped pecans
- 1 egg
- ¾ C firmly packed brown sugar
- 1 T butter, melted
- dash of salt

Combine above ingredients and pour into prepared muffin tins. Bake at 350° for 25 minutes. Makes about 24.

Jane Gurganus • Richmond, VA

Poor Man's Squares

- 1 C raisins
- 1 C water
- 1 C sugar
- 1 egg
- 2 C flour
- 1 C chopped nuts (optional)
- ½ C margarine
- 1 t baking soda
- 1 t cinnamon
- ½ t each, nutmeg, allspice, cloves, ginger

Preheat oven to 350°. Grease and flour a 9 x 13 in pan. Boil raisins in water until plumped; add margarine. Mix together flour, spices sugar and egg. Add partially cooled raisin mixture. Beat well; spread into prepared pan. Bake for 15–20 minutes or until top springs back when touched. Remove from oven and spread with the following glaze. When cool, cut into squares.

Glaze: 1 C powdered sugar, 1 T milk, 1 t vanilla — mix all until smooth.

Susan English • Greensboro, NC

Lemon Bars

melt in your mouth

- 1 C flour
- ½ C butter
- ¼ C powdered sugar
- 1 C sugar
- 2 eggs, beaten
- 2 T flour
- ½ t baking powder
- 3 T lemon juice
- grated rind of one lemon
- ¼ C powdered sugar

Mix 1 C flour, butter, ¼ C powdered sugar together. Press into buttered 8 x 8" pan. Bake at 350° for 20 minutes. Meanwhile, mix sugar, eggs, 2 T flour, baking powder lemon juice and rind. Pour lemon mixture over crust. Return to oven and bake 25 minutes longer. Sprinkle with powdered sugar while warm; cut into bars and remove from pan.

Kathy Hannah • Richmond, VA

No-Bake Cookies

- 2 C sugar
- ¼ C cocoa
- ½ C milk
- ½ C margarine, melted
- 2½ C rolled oats
- ½ C peanut butter
- ½ C chopped nuts or raisins
- 2 T vanilla extract

Combine sugar, cocoa, milk and melted margarine in a saucepan; mix well. Bring to boil and boil 2 minutes (do not stir after it starts boiling. Stir in remaining ingredients. Drop by teaspoonfuls onto waxed paper and let set.

Debbi Bailey • Charleston, SC
Pat Wilkins Lowczynski • Richmond, VA

Tri-Level Brownies

1 C quick-cooking rolled oats
 ½ C all-purpose flour
 ½ C packed brown sugar
 ¼ t baking soda
 6 T butter or margarine, melted
 ¾ C granulated sugar
 ¼ C butter or margarine, melted
 1-oz square unsweetened chocolate, melted and cooled
 1 egg
 ⅔ C all-purpose flour
 ¼ t baking powder
 ¼ C milk
 ½ t vanilla
 ½ C chopped walnuts
 Fudge Frosting

For bottom layer, stir together first 4 ingredients and ¼ t salt. Stir in 6 T melted butter. Pat in 11 x 7½ x 1½-inch baking pan. Bake at 350° for 10 minutes.

For middle layer, combine granulated sugar, ¼ C butter, and chocolate; add egg. Beat well. Stir together ⅔ C flour, baking powder, and ¼ t salt; add to chocolate mixture alternately with a mixture of the milk and vanilla, mixing after each addition. Fold in nuts. Spread batter over baked layer. Continue baking at 350° for 25 minutes. Cool. Frost with Fudge Frosting. Cut into bars. Top with walnut halves, if desired.

Makes 16.

Fudge Frosting: In small saucepan melt one 1-oz square unsweetened chocolate and 2 T butter or margarine over low heat; stir constantly. Remove from heat; stir in 1½ C sifted powdered sugar and 1 t vanilla. Blend in hot water (about 2 T) to make almost pourable consistency.

Vicky Shifflet • Los Angeles, CA

Ornamental Frosting for Cookies

3¾ C sifted confectioners' sugar
 ¼ t cream of tartar
 3 egg whites

In a small bowl at low speed mix all until just combined. Increase speed to high and beat until stiff enough that a knife drawn through, leaves a clean line.

Ilene Decker • Thousand Oaks, CA

Best Ever Cheesecake

expensive, but good!

Crust

1¼ C graham cracker crumbs
 ⅓ C butter
 ¼ C sugar

Filling

5 8 oz pkgs cream cheese, softened
 5 eggs at room temperature
 2 egg yolks at room temperature
 ¼ C whipping cream
 2¼ t vanilla extract
 1¾ C white sugar
 2 T flour

Topping

1 10 oz jar strawberry preserves (or your favorite flavor)
 2 T water
 Fresh strawberries (or other fruit to match preserves)

Mix crumbs with the sugar and butter. Grease the inside but *not* the bottom of a 10" spring form pan. Press the crumb mixture onto the bottom, not the sides of the pan. In a large mixing bowl, mix 1 pkg of cream cheese and 1 egg until very smooth; repeat with remaining cheese and eggs until all are blended. Add the egg yolks and mix well. Add the sugar gradually, then add the flour, cream and vanilla; blend well. Beat for about 1 minute or until all ingredients are smooth. Pour mixture into prepared pan. Bake in preheated oven, 475°, for 12 minutes. Reduce heat to 300° and bake 55 minutes. Don't worry if center looks underdone, it will continue to bake as the oven cools. Turn off the oven and leave the cheesecake in until it is completely cool. This will take at least 6 hours. *Do not open the oven for the first few hours!* This process keeps the cake from cracking in the center. Refrigerate the cake for several hours before serving. To make the topping, heat preserves with the water; bring to boil, then remove from heat to cool. To serve, slice cheesecake. On each slice, arrange a few pieces of fresh fruit, top with sauce. Can be frozen.

Marlene Rivas • Richmond, VA

Circuit City Cheesecake

Crust

- 1 C sifted flour (sift before measuring)
- ¼ C sugar
- 1 t grated lemon peel

Filling

- 5 8 oz pkgs cream cheese, softened
- 1¾ C sugar
- 3 T flour
- 2 t grated lemon peel

Pineapple Glaze

- 2 T sugar
- 4 t cornstarch
- 2 8.25 oz cans crushed pineapple, undrained
- ½ t vanilla extract
- 1 egg yolk
- ¼ C butter, softened
- 1½ t grated orange peel
- ¼ t vanilla extract
- 5 eggs plus 2 egg yolks
- ¼ C heavy cream
- 2 T lemon juice
- 2 drops yellow food color

Preheat oven to 400°. Grease inside of 9" springform pan (3" high). Remove side, make crust: Combine flour, sugar, lemon peel, vanilla. Make well in center, then using a fork, blend in yolk and butter. Mix with fingertips until smooth. On bottom of pan, form half of dough into a ball. Place waxed paper on top, roll pastry to edge of pan, remove paper. Bake 6-8 minutes or until golden; cool. Divide rest of dough into 3 parts. Cut 6 strips of waxed paper 3" wide.

On a damp surface, between paper strips roll each part of dough 2½" wide and 9" long. Assemble springform pan. Using the dough strips, line the sides of the pan, overlapping the ends; remove all waxed paper.

Make filling: In a large mixing bowl, blend cheese, flour, sugar, peels and vanilla at high speed. Beat in eggs and yolks one at a time until smooth. Beat in cream. Pour into dough-lined pan. Bake in preheated oven for 10 minutes then reduce heat to 250°. Bake one hour longer. Remove to rack to cool 2 hours.

Make glaze: In a small pan combine sugar, cornstarch; stir in remaining ingredients. Bring to boiling over medium heat while stirring. Boil for 1 minute or until thick and translucent. Cool. Spread surface of cheesecake with glaze; refrigerate til well chilled . . . 3 hours or overnight.

To serve, remove side of springform pan. Garnish with strawberries, if desired. Cut into wedges. Serves 16.

George B. Jaskulski • Hickory Hollow, TN

Catherine's Cheesecake

*The secret of this cake is to **BEAT** it; you cannot overbeat it!*

4 8 oz pkgs of cream cheese

6 eggs

1 cup + 1 T sugar

$\frac{3}{4}$ T vanilla

$\frac{1}{4}$ t salt

Cream the cheese, eggs and sugar together and beat with an electric mixer for 10 minutes on high speed. Add in the vanilla and salt at any time.

Grease a springform pan; do not flour. Bake at 325° for about an hour. Remove cake from oven and allow to cool for 10 minutes. Leave oven on at same temperature.

While cake is cooling mix:

1 cup sourcream

1 T sugar

$\frac{1}{4}$ t vanilla

Spread the cooled cake with the above mixture and put back in the oven for 15 minutes.

Remove from oven and put immediately into refrigerator. If desired garnish with cherries, blueberries, strawberries at this point. Chill at least 4 hours before removing from pan.

Catherine Woods • Midlothian, VA

Prize-Winning Chocolate Cheesecake

Richmond Circuit City Bake-off winner

Crust

1 8.5 oz pkg "Famous" chocolate wafers, crushed
¾ stick margarine, melted

Blend together and press evenly over bottom and sides of a 9" spring form pan.

Filling

3 eggs
1 C sugar
3 8 oz pkgs cream cheese, softened
1 12 oz pkg semi-sweet chocolate chips, melted
1 t vanilla extract
⅛ t salt
1 C sour cream

Preheat oven to 350°. With electric mixer at high speed, beat eggs with sugar until light. Beat in cream cheese until smooth, 20 minutes, (20 minutes of beating is the secret to this cheesecake). Pour into crust and bake 1 hour or until cake is just firm when pan is slightly shaken. Turn off the oven, open door, but keep cheesecake in the oven to cool, 2–4 hours. When cool, top with canned cherry pie filling spread just in the middle of cake. Surround pie filling with whipped cream, as a border. Refrigerate. Serves 16.

Anne Olshansky • Richmond, VA

Hazelnut Cheesecake

1 C ground hazelnuts (filberts)
4 8 oz pkgs cream cheese, softened
1¾ C sugar
4 eggs
½ t grated lemon peel
⅓ C graham cracker crumbs

Butter a 10" spring form pan. Beat cream cheese until smooth. Add sugar. Beat in eggs, one at a time, mixing only to blend ingredients. Fold in lemon peel and nuts by hand. Turn batter into prepared pan; tap pan gently on counter to level. Place in a larger baking pan and fill outer pan with 1½" of water. Bake at 350° for 1½ hours. Cake is done when top is brown and dry to the touch. Cool in pan 2 hours. When bottom of pan reaches room temperature, invert pan and remove from cake, on serving plate. Cover with the graham cracker crumbs. Refrigerate 5–6 hours or overnight.

Joyce Garlick • Virginia Beach, VA

Harvest Pumpkin Cheesecake

- 1 C gingersnap crumbs
- ½ C finely chopped pecans
- 3 T butter, melted
- 1 8 oz pkg cream cheese, softened
- ¼ C sugar
- ½ t vanilla
- 1 egg
- 1 16 oz can pumpkin, not filling
- 1 5 oz can evaporated milk
- ½ C sugar
- 1 t cinnamon
- ¼ t ginger
- ¼ t nutmeg
- dash of salt

Combine crumbs, nuts and butter; press into the bottom of a 9" springform pan. Combine cream cheese, sugar and vanilla; mix until well blended. Add egg and mix well. Pour into crust. Blend remaining ingredients, carefully pour over cream cheese mixture.

Bake at 325° for 1½ hours or until set. Loosen cake around edge. Chill.

Lori Nunez • Los Angeles, CA

Easy Cheesecake

No Crust!!!!

- 3 8 oz pkgs cream cheese
- 1 C sugar
- 2 t vanilla
- 3 eggs
- 1 C sour cream
- 1 t grated lemon or orange rind

Beat cream cheese until fluffy; add sugar and vanilla. Beat in eggs one at a time. Blend in sour cream and grated rind. Spread batter into a springform pan. Bake at 350° for one hour or until firm.

Turn off oven, leaving the door slightly ajar. Leave cheesecake in the oven for one hour, allowing to cool in pan. Top with desired pie filling.

Best if chilled overnight.

Dee Kallman • Greensboro, NC

Frozen Mocha Cheesecake

- 1¼ C chocolate wafer cookie crumbs (about 24 cookies)
- ¼ C sugar
- ½ C butter, melted
- 1 8 oz pkg cream cheese, softened
- 1 14 oz can sweetened condensed milk
- ⅔ C chocolate flavored syrup
- 2 T instant coffee
- 1 t hot water
- ½ pt heavy cream, whipped

In a small bowl, combine crumbs, sugar and butter. In buttered 9" springform pan or 13 x 9" baking dish, pat crumbs firmly on the bottom and up the sides of pan. Chill. In large mixing bowl, beat cheese until fluffy; add milk and chocolate syrup. In small bowl, dissolve coffee in water, add to milk mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover. Freeze 6 hours or until firm. Garnish with additional chocolate crumbs if desired. Return any leftover cake to freezer.

Kathy Hannah • Richmond, VA

German Chocolate Cheesecake

- 1 2 layer German Chocolate cake mix
- ⅓ C margarine, softened
- ¾ C chopped pecans
- ¾ C flaked coconut
- 1 egg
- 2 8 oz pkgs cream cheese, softened
- ¾ C sugar
- 2 eggs
- 2 t vanilla extract
- 2 C sour cream
- ¼ C sugar
- 2 T vanilla extract

Combine cake mix, margarine, nuts, coconut and egg; mix until crumbly. Mixture will be stiff (add a few drops of water, if it is too stiff). Press into a 10 x 15 x 1" pan. Set aside. Whip cream cheese, ¾ C sugar, eggs and 2 t of vanilla until fluffy. Spread mixture on top of prepared crust. Bake at 350° for 20-25 minutes. Meanwhile, mix sour cream, ½ C sugar and 2 T vanilla until smooth. When cake comes from the oven, spread with sour cream mixture. Let sit for 15-20 minutes. Refrigerate. Cut into squares.

Paula Cadden • Richmond, VA

Little Southern Cheesecake

from a New York cook

- 5 eggs, separated
- 1 C sugar
- 4 8 oz pkgs cream cheese, softened
- 1 pt sour cream
- 1 t vanilla extract
- 1 T lemon juice
- 1½ C graham cracker crumbs
- 1 T cinnamon
- ¼ C sugar
- ⅓ C butter, melted

Mix crumbs, sugar, cinnamon and butter. Press into the bottom of a 9" spring form pan. Separate eggs, beat yolks; add sugar gradually to yolks and beat until thick and lemon colored. Add cream cheese and beat until smooth. Add sour cream, vanilla and lemon juice. Beat whites until stiff and fold cheese mixture into whites. Pour into prepared crust. Place in cold oven; turn heat to 300°; bake 1 hour. Turn heat off, leaving cake in oven for 1 hour more. Still leaving cake in oven, open door and let sit for 30 minutes more. Refrigerate.

Arlene Lapp • Winston-Salem, NC

Cocoa Cheesecake

- 1½ C graham cracker crumbs
- ⅓ C sugar
- ⅓ C butter or margarine, melted
- 2 8 oz pkgs cream cheese, softened
- ¾ C sugar
- ½ C cocoa
- 1 t vanilla extract
- 2 eggs

Combine crumbs, ⅓ C sugar and the melted butter. Press mixture onto the bottom and up side of a 9" spring form pan; set aside. Beat cream cheese, ¾ C sugar, the cocoa and vanilla in a large bowl until light and fluffy. Add eggs; blend well. Pour into prepared crust and bake at 375° for 20 minutes or until almost set. Remove from oven; cool. Cover; chill several hours or overnight. At serving time, garnish with whipped cream. Makes 10-12 servings.

Barbara Hailey • Richmond, VA

Little Cheese Cakes

- 1 box vanilla wafer cookies
- 1 8-oz pkg cream cheese
- $\frac{1}{2}$ C sugar
- 2 t vanilla
- 2 eggs

Heat oven to 350°. Line standard cup cake tins with 1 or 2 vanilla wafer cookies. Beat cream cheese, sugar, vanilla and eggs together on high speed for 5 minutes. Drop 2 T mixture into each well in tin. Sprinkle with cinnamon. Bake for 15 minutes.

Makes 12

Jean Forlano • Richmond, VA

Variation: Line the muffin tins with paper liners before placing the vanilla wafers. Bake the cheesecakes without the cinnamon. When partially cooled, place 2–3 cherries from a 21 oz can of cherry pie filling in the center of each cake; spoon enough filling sauce to just cover the center of each cake. (or use blueberry pie filling) Refrigerate.

Larane Nesbitt • Newbury Park, CA

Miniature Blueberry Cups

- 1 C butter at room temperature
- 6 oz cream cheese, softened
- 2 C flour
- 12 oz cream cheese
- $\frac{1}{2}$ C sugar
- $\frac{1}{2}$ t vanilla extract
- 2 eggs
- 1 21 oz can blueberry pie filling

Cream butter and cheese; stir in flour. Chill dough for 1 hour. Shape into 72 walnut-sized balls; place in ungreased miniature muffin cups. Press dough on bottom and sides of cups. Make filling: cream cheese and sugar until fluffy. Add vanilla and eggs; beat. Fill individual unbaked crusts full to the top. Bake at 350° for 20–25 minutes. When cool top each with a generous teaspoonful of pie filling.

Cathy Antos • Los Angeles, CA

Cheesecake

1 cup ricotta cheese (not cottage cheese)
 4 8 oz pkgs cream cheese
 1½ cups sugar
 6 eggs
 1 t vanilla
 ½ t salt
 2 T flour

Crust

2 cups graham cracker crumbs
 4 T confectioner's sugar
 1 stick butter

For crust, melt butter, add sugar and crumbs. Mix and press on bottom of 11" spring form pan. To coat sides of pan, rub with butter and sprinkle on plain graham cracker crumbs. Chill crust in refrigerator while making filling for cheesecake.

Filling

Soften cream cheese and beat with ricotta cheese. Add sugar and beat. Add flour and eggs one at a time while beating. Add salt and vanilla and beat till creamy and smooth. Pour into chilled crust. Bake in preheated 475° oven for 10 minutes, then reduce oven heat to 225° and bake one hour. Leave cake in oven an additional hour without opening door. Chill cake 6 hours before removing sides of pan and serving. This cheesecake does not need any topping, but tastes great served with fresh unsweetened fruit, such as blueberries, strawberries, peaches, etc.

Patsy Helper • Richmond, VA

Joy Fitchpatrick's Cheesecake

This cheesecake is best made the day before you need to use it so it is thoroughly chilled for easier slicing.

1¾ C graham cracker crumbs
¼ C finely chopped walnuts (optional)
½ t ground cinnamon
½ C butter or margarine, melted
3 eggs
2 8 oz pkgs cream cheese, softened
1 C sugar
2 t vanilla
dash salt
3 C dairy sour cream
2 C fresh strawberries
½ C water
4 t cornstarch
⅓ C sugar
Red food coloring

To Make Crust

In bowl, combine crumbs, walnuts, and cinnamon. Add melted butter or margarine and mix thoroughly. Press on bottom and 1½ to 2 inches up sides of 9-inch springform pan.

To Make Filling

Combine eggs, cream cheese, the 1 cup sugar, the vanilla, and salt; beat till smooth. Blend in sour cream. Pour into crust. Bake at 375° oven for 35 minutes or until set. (Filling will be soft). Cool; chill thoroughly, 4 to 5 hours.

To Make Glaze

Crush 1 cup of the strawberries. Add water and cook 2 minutes; sieve. Mix cornstarch and the remaining sugar; slowly stir in hot berry mixture. Bring to boiling, stirring constantly. Cook and stir till thickened and bubbly. Add food coloring, if desired. Cool to room temperature. Halve remaining berries. Arrange atop cheesecake in a design; pour on glaze. Chill 2 hours.

Makes 10 servings

Joy Fitchpatrick • Richmond, VA

Buck's Banana Pudding

Better make two – one for Buck and one for you!

1 12-oz box vanilla wafers
2 or 3 medium bananas, sliced
3 C milk
¼ t salt
2 T flour
¾ C sugar, divided
3 eggs, separated
1 t vanilla

Combine ½ C sugar, flour and salt in top of double boiler. Beat egg yolks in a small bowl til thick and lemon-colored. Gradually add milk and vanilla. Slowly add milk mixture to sugar mixture. Place over boiling water and stir until thickened. Remove from heat. Line a serving bowl with vanilla wafers. Layer slices of banana over wafers, then add a layer of custard. Repeat layers of wafers, bananas and custard until wafers are at the top. Chill. When ready to serve, beat egg whites until frothy. Add remaining ¼ C sugar and beat until stiff peaks form. Spread meringue on pudding, spreading to the edge of bowl. Bake at 425° for 5 minutes until the meringue is golden.

Robin Buchanan • Durham, NC

Augustine's Flan

5 egg yolks
4 whole eggs
900 ml milk (about 3¾ C)
1 C sugar
1 T vanilla extract

Heat oven to 350°. Scald milk with sugar and vanilla. Whip eggs with a whisk. When milk is cool, pour *slowly* into eggs. In a small, heavy enamel pot, put sugar. Over medium heat, melt sugar, watch carefully. When turning brown, carefully dribble 2–3 T water. Stir until caramelized. Coat a ring mold with caramelized sugar (careful, it hardens quickly). Pour in custard. Place in a larger pan with hot water coming ½-way up the side of the mold. Bake 1 hour, 45 minutes at 350°. Unmold as you would a jello mold.

Sue and Al Hecht (retired) • Richmond, VA

Apple Cranberry Casserole

- 2 C cranberries
- 3 C apples, peeled, cored and sliced
- 1 C sugar
- 1 T lemon juice
- $\frac{1}{4}$ t salt
- 1 C firmly packed brown sugar
- 1 C quick rolled oats
- $\frac{1}{2}$ C flour
- $\frac{1}{3}$ C soft butter

Combine first 5 ingredients and turn into a shallow $1\frac{1}{2}$ qt baking dish. Combine brown sugar, oats and flour; cut in butter until mixture resembles coarse meal. Spoon over fruit. Bake at 325° for 1 hour. Serve warm, topped with ice cream or whipped cream.

Kathy Hannah • Richmond, VA

Apple Crisp

- 4 C apples, peeled, cored and sliced
- 1 C flour
- 1 C sugar
- 1 t baking powder
- $\frac{1}{2}$ t salt
- 1 t cinnamon
- $\frac{1}{2}$ t nutmeg
- 1 egg
- $\frac{1}{2}$ C butter, melted
- $\frac{3}{4}$ C chopped pecans

Line a buttered 8" baking dish or quiche pan with apple slices. Sift together dry ingredients; work in egg with a pastry blender until the consistency of coarse meal. Sprinkle over apples. Drizzle melted butter over top and sprinkle with chopped nuts. Bake at 375° for 40–45 minutes.

Serves 8–10.

Stephanie Wurtzel • Mount Kisco, NY

Butterscotch Torte

1¼ C margarine, softened
 1¼ C flour
 1 C firmly packed brown sugar
 ½ C finely chopped pecans
 ½ C coarsely chopped pecans
 8 oz softened cream cheese
 1 C powdered sugar
 2 3-oz pkgs butterscotch instant pudding
 3 C milk
 1 8-oz carton Cool-Whip

Preheat oven to 350°. Prepare crust; combine first five ingredients and press into greased 9 X 13 in pan. Brown in oven for 15–20 minutes. Chill. Mix cream cheese, 1 C Cool-Whip and powdered sugar; spread onto chilled crust. Blend the pudding mix with the milk and pour onto cream cheese layer. Top with the remaining Cool-Whip and additional pecans.

Cathie Richardson • Virginia Beach, VA

VARIATION: Chocolate Supreme uses chocolate pudding, instead of the butterscotch.

Mary Margaret Bowling • Richmond, VA
 Muriel Perry • Richmond, VA

VARIATION: Creamy Lemon Dessert calls for lemon pudding.

Shirley Marlett • Thousand Oaks, CA

VARIATION: Chocolate Delight substitutes 1 3-oz pkg *each* of vanilla and chocolate instant pudding, layered separately.

Debbie Rottweiler • Louisville, KY

Individual Baked Alaskas

- 6 cake dessert shells or cups
- 4 egg whites
- $\frac{1}{8}$ t cream or butter
- $\frac{1}{2}$ C sugar
- 1 qt of your favorite "gourmet" ice cream

Lay dessert shells on a cookie sheet; place in freezer. Turn over to 500°. Make meringue by beating egg whites and cream of tartar in a small bowl on high speed until stiff peaks form; still beating on high speed, gradually sprinkle in sugar, 2 T at a time. Beat until sugar is completely dissolved and whites are standing in stiff peaks. Remove dessert shells from freezer. Top each with a large scoop of ice cream. Working quickly, cover each completely with meringue, spreading thicker over ice cream and spreading meringue right down to cookie sheet. Bake 3 minutes at 500° or until meringue is lightly browned. Serve immediately on chilled plates.

* To make up to 4 hours ahead; prepare up to the baking point and freeze, then bake at 500° for about 5 minutes or until meringue is browned.

Variation: Sprinkle 1 t of your favorite liqueur in each dessert shell before freezing, pair up with a suitable ice cream flavor, i.e., coffee liqueur and coffee ice cream, Kirsch and cherry-vanilla ice cream, etc.

Cheryl O. Woods • Los Angeles, CA

Banana Sea Foam

- 1 3.5-oz pkg regular vanilla pudding
- 1 3-oz pkg strawberry Jello
- $\frac{3}{4}$ C heavy cream or evaporated milk
- 3 bananas

Make Jello according to package directions; let stand until *almost* firm. Make pudding and cool. Whip cream. Combine Jello and pudding. Fold cream into this mixture until well combined. Mash bananas with 1 t lemon juice. Fold into cream mixture. Pour into mold and refrigerate until set.

Linda Wilson • Atlanta, GA

Yummy Bread Pudding

6–7 slices raisin bread
 ¼ C firmly packed brown sugar
 ½ t to 1 t cinnamon
 pinch of salt
 2 eggs
 2 C milk
 2 T butter

Sauce:

¼ C sugar
 2 T brandy
 2 T butter
 1 egg

Cube bread into casserole dish, sprinkle brown sugar, cinnamon and salt over bread. Scald milk. Add butter, let melt. Whisk eggs; pour into milk. Pour over bread cubes. Bake at 300° for 20–30 minutes, until set.

Make sauce: Combine sugar, brandy and butter in small saucepan. Cook until bubbly. Whisk egg and slowly pour hot mixture over egg. Return to pan and cook again just until bubbly. To serve: Pour sauce over warm bread pudding.

Lynn Walker • Charleston, SC

Cherries in a Cloud

6 egg whites at room temperature
 ¾ t cream of tartar
 2 C sugar
 2 C crushed saltine crackers (about 45)
 2 t vanilla
 ¾ C chopped pecans
 2 C heavy cream, whipped (or dairy topping)
 1 21-oz can cherry pie filling

Beat egg whites until frothy. Add cream of tartar. Add sugar, beating until stiff. Fold in cracker crumbs, nuts and vanilla. Pour into a 9 × 13 in greased, glass baking dish. Bake 25 minutes at 350°. Remove from oven and cool. Spread whipped cream over crust. Spread cherry pie filling over the cream.

Leslie Remington • Richmond, VA

Chocolate Cream Torte

- ½ C butter
- 1 C flour
- 1 C walnuts, chopped
- 8-oz cream cheese, softened
- 1 12-oz container Cool-Whip
- 1 3-oz and 1 6 oz pkg instant chocolate pudding
- 4½ C milk
- 1 C powdered sugar

Melt butter in a 9 × 13 in pan, add flour and nuts. Pat into the bottom, firmly. Bake at 350° for 20 minutes. Cool. Mix together the cream cheese, and powdered sugar. Fold in 1½ C Cool-Whip. Set mixture aside. Mix both packages of pudding with milk. First, layer the cream cheese mixture over the crust. Next layer the chocolate pudding; top with remaining Cool-Whip. Sprinkle with additional nuts and refrigerate until serving for several hours.

Serves 12.

Carol Beercheck • Los Angeles, CA

Dessert Delight

- 1 6-oz pkg lime jello
- 1 8-oz cream cheese (softened)
- 2 T mayonnaise
- 1 8-oz can crushed pineapple
- 1 C hot water (boiling)
- 1½ C cold water

Place jello in large mixing bowl. Add hot water, stir until dissolved. Add cold water and stir until well blended. Add softened cream cheese, mayonnaise and drained pineapple. Whip in mixing bowl or blender until well blended. Pour into 13 × 9 × 2 baking dish. Refrigerate.

Serves 6–8.

Sheryl McDonald • Mesa, AZ

Hot Curried Fruit

- 1 16-oz can peach halves, drained
- 1 16-oz can pear halves, drained
- 1 16-oz can apricot halves, drained
- 1 13.5-oz can pineapple chunks, drained
- 2 T melted butter
- ¼ C brown sugar
- 1–½ t curry powder
- 1 16-oz can bing cherries, drained

Cut peach and pear halves in half. Combine fruits except cherries in a 2 qt casserole. Blend butter, brown sugar and curry. Spoon over fruit. Bake at 325° for 15 minutes. Add cherries and mix in carefully. Return to oven and bake an additional 15 minutes. Serve warm.

* This makes a very interesting dessert dish or a wonderful accompaniment at brunch!

Paulette Greentree • Richmond, VA

Pam's Fruit Cooler

- 1 6-oz pkg cherry jello
- 2 C hot water
- 1 8-oz can crushed pineapple, undrained
- fresh strawberries (for garnish)
- 2–3 mashed ripe bananas
- 1 pt sour cream
- 1 lb frozen strawberries
- fresh mint (for garnish)

In blender, place jello and hot water. Blend well to ensure jello dissolves. To blender add pineapple, strawberries, bananas and blend well. Pour ½ mixture into a 13 × 2 × 9 pan or baking dish. When this has chilled, spread ½ sour cream. Pour remaining jello gently over chilled jello mixture. Refrigerate. When mixture has set, frost with remaining sour cream. Garnish with fresh strawberries and fresh mint.

Serves 6–8.

Sherri Arden • Richmond, VA

Gelatin Ribbon Loaf

- 1 3-oz pkg lime jello
- 1 3-oz pkg raspberry jello
- 1 15-oz jar applesauce
- 18 double graham crackers
- 1 envelope Dream Whip topping mix
- 3 T powdered sugar
- ¼ t almond extract

Place lime and raspberry jello in separate bowls; add ¾ C applesauce to each flavor and stir until thoroughly blended. Place 2 double crackers, end to end on a platter; spread with ¼ C lime jello mixture. Top with a layer of crackers and spread with ¼ C raspberry jello mixture. Repeat layers, ending with crackers. Prepare whipped topping mix as directed on package, omitting vanilla and adding powdered sugar and almond extract, before beating. Spread over top and sides of loaf. Chill at least 30 minutes. Makes 12–14 servings.

Ilene Decker • Thousand Oaks, CA

Hot Fudge Crunch

- 1 12-oz box vanilla wafers, crushed
- 1 C chopped pecans
- ½ gallon vanilla ice cream
- ¾ C margarine, melted

Mix crumbs, nuts and margarine. Place half of mixture in a 9 × 13 pan. Pat down firmly. Slice ice cream, placing slices to cover crumb mixture; press down if necessary. Sprinkle with remaining crumbs and freeze.

Hot Fudge Sauce

- 1 can Eagle Brand milk
- 1 can Hershey's chocolate syrup
- ½ C margarine

Cook 5 minutes on medium heat until margarine is melted. Cut ice cream into squares. Place on plate. Pour warm sauce over each square.

Serves 8–10.

Diane Ilderton • Chattanooga, TN

Lemony Cream Cheese Squares

- 1 C graham cracker crumbs
- 3 T sugar
- ¼ C butter or margarine, melted
- 1 8-oz pkg cream cheese softened
- ½ C sugar
- ⅛ t salt
- ½ C milk
- 1 t lemon juice
- 1 t vanilla extract
- 1 4-oz carton frozen whipped topping, thawed
- lemon slices (optional)
- fresh mint (optional)

Combine crumbs, 3 T sugar and butter; mix well. Press mixture on bottom and sides of a lightly greased 8" square baking dish; bake at 375° for 6–8 minutes.

Beat cream cheese in a large mixing bowl until soft and creamy. Gradually add ½ C sugar, beating until fluffy. Add salt, milk, lemon juice, and vanilla; beat at medium speed of electric mixer 1 minute (or use a food processor).

Gently, fold in whipped topping; spoon filling into prepared crust. Chill at least 6 hours. Cut into squares, garnish with a lemon slice and mint, if desired.

Makes 9 servings.

Mona Cecil • Richmond, VA

Diane's Fruit Medley

- 1 3-oz pkg instant vanilla pudding mix
- 4 T Tang instant drink mix
- 1 16-oz can chunk pineapple, drained, juice reserved
- 1 16-oz can chunky mixed fruit, drained
- 1–2 sliced bananas
- coconut and maraschino cherries for garnish

Mix together reserved pineapple juice, Tang and pudding mix. Combine fruits in a serving bowl; pour pudding mixture over all. Garnish with coconut and cherries. Chill thoroughly before serving.

Diane Jennings • Richmond, VA

Delicate Lemon Pudding

2 T butter
 ⅔ C sugar
 3 eggs, separated
 juice of 1 lemon (3 T) strained
 1 t grated lemon rind
 3 T flour
 1 C milk

Optional: whipped cream & chopped nuts for garnish. Preheat oven to 375°. Grease a 1 or 1½ qt baking dish with butter.

Cream butter and sugar. Add egg yolks and beat until smooth and lemon colored. Blend in lemon juice and rind. Fold in flour. Stir in milk. Beat egg whites until stiff; gently fold into the rest of mixture.

Pour into baking dish. Place dish into shallow pan of hot water and bake for 35–40 minutes.

Remove from oven and chill in refrigerator. Serve plain or garnished with a) whipped cream and chopped nuts, b) fresh grated coconut, c) sweetened strawberries.

Variations:

Chocolate Delicacy: substitute orange juice & rind for lemon. Melt 1½ squares of unsweetened chocolate, shaved into the milk; when melted, beat with rotary beater until smooth.

Rum or Sherry Delicacy: substitute 3 T of rum or cream sherry for lemon juice and rind.

* This recipe may also be baked in individual Purex custard cups following the same baking procedure.

Serves 4 to 6.

Mary Ellen Thacker • Petersburg, VA



Easy Peach Crumble

1 small box "Jiffy" yellow cake mix
 1 large can sliced peaches
 ¼ C margarine, softened

In a 9 x 9 in pan, pour can of peaches. Mix margarine and cake mix together until crumbly. Sprinkle crumb mixture over peaches. Bake at 350° for 20 minutes or until golden brown.

Janice Pierce • Richmond, VA

Palacsinta

Hungarian Crepe Suzettes

- 1 C flour
- 2 T sugar
- $\frac{1}{4}$ t salt
- 3 eggs
- $1\frac{1}{4}$ C milk

Beat eggs and sugar until frothy, add salt and milk. Beat in flour slowly until very smooth, for a thin batter. Butter a 6 in crepe pan, heat to sizzling point; pour in enough batter to cover bottom of pan thinly, tilting to get full coverage. When lightly brown, turn over with a spatula. Remove and keep warm. After each crepe, butter pan again. Repeat until batter is gone. Prepare desired filling:

Cottage Cheese Filling

- 1 lb dry cottage cheese
- $\frac{1}{2}$ C sugar
- $\frac{1}{4}$ t salt
- 2 eggs
- 3 T sour cream

Beat sugar, eggs, salt and sour cream together; mix in cottage cheese. Spread on crepes, roll up and place in buttered, glass baking dish. Spread top with additional sour cream. Bake at 350° for 35 minutes. Serve warm.

Apple Filling

- 8 large peeled and thinly sliced apples
- $\frac{3}{4}$ C sugar
- $\frac{3}{4}$ stick butter

Melt butter in a heavy skillet; add apple slices and cover with sugar. Steam slowly, covered for $\frac{1}{2}$ hour, stirring occasionally until soft. Fill crepes and serve warm.

Cherry Blintzes

- 3 4-oz cartons whipped cream cheese
- 3 T sugar
- 1 t lemon rind

Mix all; spread each crepe with some of the mixture; roll up. Brown crepes in a little butter. Serve with warmed cherry pie filling spooned over each crepe. Sprinkle with slivered almonds.

Ilene Decker • Thousand Oaks, CA

Lemon Fluff

- 22-24 graham crackers, crushed
- ½ C butter, melted
- 1 3-oz pkg lemon jello
- 1 C water
- 1 8-oz pkg cream cheese, softened
- ½ C sugar
- 1 t vanilla extract
- 1 large can evaporated milk, well chilled

Combine cracker crumbs and butter. Pat into the bottom of a 9 x 13 in pan. Boil water and add to jello. While this is cooling, cream the sugar, cream cheese and vanilla. Add cooled jello, a little at a time, beating well until smooth. Beat milk into mixture until well blended. Pour into crust. Chill until set.

Grandma Seres • Granada Hills, CA

Pots De Creme Au Chocolat

- 2 C heavy cream
- 4-oz sweet chocolate
- 2 t sugar
- 3 egg yolks

Preheat oven to 325°. Heat cream and sugar over simmering water until sugar dissolves. Add chocolate in pieces and stir until mixture is well blended. Beat egg yolks in a separate bowl; gradually add hot cream mixture, stirring vigorously. Pour mixture into 6-8 pot de creme dishes or custard cups. Bake in a pan with 1" of water for 15-20 minutes. Remove from oven and chill well. Serve with a dollop of whipped cream on each for garnish.

Stephanie Wurtzel • Mount Kisco, NY

Snow Cream

- ½ C brown sugar
- ½ C milk
- 1 mashed banana (optional)
- 1 raw egg
- 1 t vanilla

Mix all ingredients until well blended. Pour over 2 qts. fresh snow and serve immediately.

Sherri Arden • Richmond, VA



Strawberry Mousse

- 1 3-oz pkg strawberry jello
- 1 10-oz pkg frozen strawberries, partially thawed
- 1 pt heavy cream

Mix jello with 1 C boiling water. Put jello mixture and strawberries in a blender, mix for a few seconds. Chill just until mixture begins to set, 20-25 minutes. Meanwhile, whip the cream. Blend cream and jello mixture. Pour into serving bowl or individual glasses and chill until firm (4-8 hours). Decorate with fresh strawberries and/or mint leaves

Serves 6.

Stephanie Wurtzel • Mount Kisco, NY

Pretzel Surprise

1st Layer

- 1½-2 C crushed pretzels
- ½ C sugar
- ½ C butter, melted

Mix together, press into a 9 x 9 in pan. Bake at 400° for 6-8 minutes. Let cool.

2nd Layer

- 8-oz cream cheese, softened
- ¾ C sugar
- 9-oz carton of Cool-Whip or 2 C whipped cream

Blend together; spread over pretzel crust with the back of a wet spoon.

3rd Layer

- 1 16-oz can crushed pineapple
- 2 T cornstarch

Heat in sauce pan until thickened, stirring frequently. Set aside to cool. When cooled, spread over 2nd layer. Chill. To serve, cut into squares.

Serves 6-8.

Frances H. Martin • Ashland, VA

Pretzel Surprise Variation

For the 3rd Layer, Make up a 6 oz pkg strawberry jello as pkg directs. Chill until slightly congealed. Fold in 2 10 oz pkgs frozen strawberries, thawed. Spread strawberry mixture over 2nd layer and chill until jello is firm.

Robin Buchanan • Durham, NC

Ricotta Pie

from Gepetto's in Georgetown

Crust

1¼ C graham cracker crumbs

¼ C sugar

6 T melted butter

Filling

2½ C (1¼ lbs) ricotta cheese

¾ C sugar

1 C ground, toasted almonds

½ C chocolate chips, well chilled and ground in blender

¾ C whipping cream

1 t almond extract

¼ C slivered almonds, toasted

shaved chocolate for garnish

Combine crust ingredients; press into a 9" pie plate. Bake 10 minutes at 350°. Cool. Make filling. Blend cheese and sugar well. Stir in nuts and ground chocolate chips. Partially whip cream; add almond extract and continue whipping until stiff. Fold into cheese mixture. Pour all into pie shell and refrigerate overnight. Before serving, sprinkle top with slivered almonds and shaved chocolate.

Sue and Al Hecht (retired) • Richmond, VA

Gourmet Strawberries In Cream

Perfect strawberries, 4 large per person

½ C dairy sour cream

½ C Cool-Whip

2-3 T brown sugar

1-3 t Gran Marnier liqueur (to taste)

few drops of rum (optional)

Chill serving goblets. Combine sour cream, Cool-Whip, brown sugar and liqueur. Chill 2-3 hours. Rinse, but do not hull berries; dry. Place ¼ cream mixture in each of four goblets and place 4 berries on top of cream *or* around the bottom of the goblet stem on a plate.

Alternate serving suggestion: serve the cream in one central bowl; let each guest dip his own berries into the cream, fondue style.

This is a luscious, light dessert with great eye appeal!

Betty Koch • Irvine, CA

Cold Raspberry Souffle

2 envelopes unflavored gelatin

½ C fresh lemon juice

8 eggs, separated

1 C sugar

1 C puréed fresh raspberries

4 T cassis

2 C heavy cream

Prepare a 2-quart souffle dish with a wax paper collar extending 2 to 3 inches above rim of dish. Tape into place. Oil dish and paper. Soften gelatin in lemon juice and heat over a low flame until dissolved and clear. Beat egg yolks with sugar until light and fluffy. Mix puréed raspberries with cassis and add to egg yolk mixture, then add gelatin. Cook over hot water until thickened. Cool. Beat egg whites until stiff peaks form, then whip heavy cream until stiff. Gently fold egg whites into raspberry mixture, then fold in whipped cream. Pour into the souffle dish and chill thoroughly. Remove paper collar before serving.

Ann Aldrich • Richmond, VA

Blintz Souffle

This dessert may be assembled a day ahead and baked before serving.

- ¼ lb butter or margarine, softened
- ⅓ C sugar
- 1½ C dairy sour cream
- ½ C orange juice
- 1 C all-purpose flour
- 2 t baking powder

Blintz Filling

- 1 8-oz pkg cream cheese, cut up
- 1 pt small curd cottage cheese (2 cups)
- 2 egg yolks
- 1 T sugar
- 1 t vanilla

Preheat oven to 350°. Butter 13 × 9 baking dish; set aside. In blender, mix, butter, sugar, eggs, sour cream, orange juice, flour and baking powder until blended. Pour half the batter into prepared baking dish. Prepare Blintz Filling by combining all ingredients until blended in medium bowl. Drop filling by heaping spoonfuls over batter in baking dish. With knife, spread filling evenly; it will mix slightly with the batter. Pour remaining batter over filling. Unbaked souffle may be covered and refrigerated several hours or overnight until ready to use.

Before baking bring souffle to room temperature. Bake uncovered 50–60 minutes or until puffed and golden. Serve immediately with sour cream and blueberry syrup or assorted jams. Makes 8 servings.

Blueberry Syrup

- 1 15-oz can blueberries in syrup
- ½ C light corn syrup
- ½ t lemon juice
- dash salt
- dash cinnamon
- 1 T cornstarch
- 1 T cold water

In small saucepan, combine blueberries; corn syrup, lemon juice, salt and cinnamon. Place on medium heat. Mix cornstarch with water. Add to blueberry mixture and bring to boil. Remove from heat and let stand 5 to 10 minutes. Serve warm. May be refrigerated and reheated. Makes 2 cups.

Laura Liverman • Los Angeles, CA



Becky's Brittle

- 1 C sugar
- ½ C light corn syrup
- 1 C raw peanuts
- ¼ t salt
- 1 T butter
- 1 t vanilla extract
- 1 t soda

Combine sugar, corn syrup, peanuts and salt in a 2 qt microwave casserole dish. Stir well. Microwave on HIGH for 8-9 minutes. Mixture will be light brown in color. Add butter and vanilla. Blend thoroughly. Microwave on HIGH for 1-3 minutes or until mixture reaches the hard crack stage, about 300°. Quickly stir in soda. Pour into greased baking pan. Let cool at least one hour. Break into small pieces.

Becky McClain • Louisville, KY

Peanut Brittle

- 2 C sugar
- 1 C dark corn syrup
- ½ C cold water
- 1 t butter
- 1½ t soda
- 1 t vanilla extract
- 1½ C raw Spanish peanuts

Cook sugar, syrup and water until it threads, over medium heat. Add nuts and cook until nuts are done, about 30 minutes. Remove from heat and add butter, soda and vanilla. Pour on buttered surface (enameled counter or marble slab) Break into pieces after it hardens.

Pam John • Nashville, TN



Bird's Nests

- 1 6-oz pkg semi-sweet chocolate chips
- 1 6-oz pkg butterscotch chips
- 1 5.5-oz chow mein noodles
- 1½ C cocktail peanuts (optional)

Melt chocolate and butterscotch pieces together. Add chow mein noodles and peanuts, stirring to coat well. Drop by teaspoonfuls onto waxed paper. Refrigerate until firm. Keep refrigerated.

Makes 3-4 dozen pieces of candy.

Tami Decker • Thousand Oaks, CA

Bird's Nest Variation

For just the chocolate variety, Ting-a Lings, use only chocolate chips and omit the nuts. Easy enough for children to make!

Babs Cohen • Greensboro, NC

Date-Granola Delight Balls

- 2 T butter
- 1 T honey
- ½ C pitted and chopped dates
- ¾ C commercial or home made granola
- 3 T non-fat dry milk powder
- finely chopped nuts for coating

In a medium saucepan, heat butter and honey until butter is melted. Add dates and continue to heat, stirring until dates appear "melted" as well. Remove from heat, and stir in granola and milk powder. When cool enough to handle, roll into 1" diameter balls; roll balls in ground nuts to coat. Store in refrigerator, but allow to warm to room temperature before eating.

Makes about 2 dozen.

Ilene Decker • Thousand Oaks, CA

My Mom's Best Fudge

- ¾ C undiluted evaporated milk
- 2¼ C sugar
- 12-oz semi-sweet chocolate chips
- ⅓ C light corn syrup
- 2 T butter
- 1 t vanilla extract
- 1 C chopped nuts, coconut or raisins

Combine milk and sugar in a heavy saucepan. Cook over medium heat, stirring constantly until mixture boils. (Takes awhile) Turn heat to low and simmer 10 minutes, stirring constantly to prevent scorching. Remove from heat, add chocolate chips, butter syrup and vanilla. Stir until chocolate melts and fudge is smooth and creamy. Stir in nuts; mix well. Pour into buttered 8 x 8 x 2 in pan. Refrigerate 1-2 hours until set. Cut into squares. Makes 2½ lbs.

Erma Seres • Granada Hills, CA

Christmas Gift Toffee

- 1 C butter
- 1 C sugar
- 1 T water
- 1 t vanilla extract
- 3 4-oz chocolate bars, crumbled
- ½ C chopped pecans

In a heavy saucepan, cook together the butter, sugar and water, stirring constantly, until the mixture reads 300° on a candy thermometer. Remove from heat and add vanilla. Pour into a buttered 9 x 11 inch pan and allow to cool for 5 minutes. Sprinkle crumbled chocolate bars over the top of the toffee, then the chopped pecans. When cool, break into pieces. Store in airtight containers. Makes about 1 lb candy.

Ann Aldrich • Richmond, VA

Divinity Fudge

- 1½ C white sugar
- ½ C light corn syrup
- ½ C water
- 2 egg whites at room temperature
- 1 C broken nut meats

Boil sugar, water and syrup. When the mixture reaches a boil, cover for 3 minutes. Remove lid, stir once, and cook over moderate heat until the mixture reaches the hard-ball stage, about 250°; do not stir during this process. While syrup is cooking, beat egg whites in a large bowl until stiff, but not dry. When the syrup is ready, pour it slowly over the egg whites in a steady stream, whipping slowly, at the same time. Toward the end, add the syrup more quickly and whip faster. Fold in nuts; beat until thick. Pour into a buttered 8 x 8 in pan. Let sit to harden.

Cheryl O. Woods • Los Angeles, CA



Easy No-Cook Divinity

- 1 large box Fluffy White frosting mix
- ⅓ C corn syrup
- 4 C confectioners' sugar
- ½ C boiling water
- 1 t vanilla extract
- 1 C chopped walnuts

In a small bowl, combine dry frosting mix, corn syrup, vanilla and boiling water. Beat on highest speed until peaks form, about 5 minutes. Transfer to a large bowl. On low speed, or by hand, blend in sugar gradually. Fold in nuts. Drop by teaspoonfuls onto waxed paper. When outside of candies feel firm (several hours), turn over. Allow to dry 12 hours or overnight. Store candies in airtight container.

Variation; Divide candy mixture into 3 equal portions. Add only ⅓ C nuts to first portion. To second portion, add red food coloring and fold in ¼ cup crushed peppermint candy. Add green food coloring and ¼ t mint flavoring to third portion. Merry Christmas!

Erma Lee Hass • Thousand Oaks, CA

Christmas Holly

½ lb butter or margarine
30 large marshmallows
green food coloring
3-4 C corn flakes
red-hot cinnamon candies

Melt butter with marshmallows in the top of a double boiler or in microwave. Add enough food color to make a "holly" green. Add corn flakes to marshmallow mixture, tossing well to coat. With a teaspoon, drop mounds on greased foil to resemble holly leaves; add three red-hot candies to each leaf to resemble holly berries. Work fast-reheat mixture if it sets up before you finish.

Aunt Violet Haydu • Lake Havasu City, AZ



Rocky Road

easy enough for the kids to make

36 large marshmallows
1½ C semi-sweet chocolate pieces
½ C chunk-style peanut butter
1 T butter

Line an 8-in square pan with foil. Arrange marshmallows over bottom of pan in a single layer. In a saucepan, combine remaining ingredients; cook over low heat until chocolate melts, stirring occasionally. Pour mixture over marshmallows; tap pan on counter to distribute chocolate between marshmallows. Chill. Turn upside-down; remove foil. Cut into squares. Store in refrigerator. Makes about 3 dozen pieces.

Ilene Decker • Thousand Oaks, CA



Chocolate "Philly" Fudge

4 C powdered sugar
1 8-oz pkg cream cheese
1 1-oz squares unsweetened chocolate, melted
1 t vanilla extract
dash of salt
½ C chopped nuts

Gradually add sugar to softened cream cheese, mixing until well blended. Stir in remaining ingredients. Spread into an 8 x 8 in greased pan. Chill several hours, cut into squares.

Pam John • Nashville, TN

No-Cook Country Vanilla Ice Cream

- 4 eggs, well beaten
- 2¼ C sugar
- 5 C milk
- 4 C heavy cream
- 4½ t vanilla extract
- ½ t salt

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon ice cream freezer and freeze as directed. Also, use your imagination to vary this good, basic recipe: add 1 t mint flavoring, some green food coloring and mini chocolate chips for *Mint chocolate chip*; crushed Oreo cookies; nuts; fresh or frozen fruit . . . the variations are limitless! (if adding fruit, add up to 1 extra cup of sugar)

Tami Decker • Thousand Oaks, CA

Jane Brown • Charleston, SC

Sunmaid Granola

- 2 C rolled oats
- 1 C shredded coconut
- ½ C wheat germ
- 1½ C chopped walnuts or almonds
- 1 t salt
- 1 14-oz can sweetened condensed milk
- ¼ C vegetable oil
- 1½ C raisins

Combine oats, coconut, wheat germ, nuts and salt in a large bowl. Stir in sweetened condensed milk; add oil and mix thoroughly. Spread mixture on shallow baking sheet lined with waxed paper. Bake at 300° for 1 hour, stirring occasionally (should be golden brown). Remove from oven and stir in raisins while still warm. Store in a tightly covered container. Makes 8 cups.

Ilene Decker • Thousand Oaks, CA

Cook's Quips

Home Made Sweetened Condensed Milk

1 C + 2 T non-fat dry milk

$\frac{1}{2}$ C warm water

$\frac{3}{4}$ C sugar

Combine dry milk and water in a medium bowl. Set the bowl in a pan of hot water over low heat and stir in sugar. Continue stirring until sugar dissolves. Equals 1 14 oz can sweetened condensed milk.

Charla Hamaker • Richmond

To make a pretty and different looking cake; begin with a plain white icing (preferably an egg white icing). Dip heavy cotton string into different colors of food coloring and "paint" a plaid design on the icing by laying the colored strings (wet) across the top — the color from the string makes a line on the cake.

Hazel Jenkins • Richmond, VA

Trouble cutting cheesecake? Use unwaxed dental floss. Hold floss tightly in both hands then slide it down through the cake; pull one end out from the bottom.

Marlene Rivas • Richmond, VA

If the whipping cream looks as though it's not going to whip, add 3-4 drops of lemon juice or a bit of unflavored gelatin to it and it probably will.

Chocolate Sauce

1 can Eaglebrand Sweetened Condensed Milk

2 oz unsweetened chocolate

$\frac{1}{8}$ t salt

$\frac{1}{2}$ to 1 C hot water

$\frac{1}{2}$ t vanilla

Put milk, chocolate, and salt into a double boiler. Heat until mixture is thick — approx. 10 minutes. Remove from heat. Slowly stir in water until desired consistency. When cool, stir in vanilla. Serve with ice cream or cake.

Marlene Rivas • Richmond, VA

—Notes—



Cooks' Corner

Equivalents

A pinch, dash, etc. (dry)	= less than 1/8 teaspoon
A dash (liquid)	= a few drops
1 Tablespoon	= 3 teaspoons
1/4 cup	= 4 Tablespoons
1 cup	= 16 Tablespoons
1 pint	= 2 cups
1 quart	= 2 pints (4 cups)
1 gallon	= 4 quarts
1 ounce	= about 28 grams
1 pound	= about 454 grams
1 kilogram	= about 2.2 pounds
1 liter	= about a quart
1 jigger	= about 3 Tablespoons

Substitutions

If you need:

Use:

1 t Baking Powder	1/4 t baking soda + 1/2 C buttermilk or 1/4 t baking soda + 1/2 t cream of tartar
1 C Butter (for baking)	1 C margarine; 7/8 C soft shortening + 1/2 t salt 7/8 C lard + 1/2 t salt;
1-oz unsweetened chocolate	3 T cocoa + 1 T shortening
1 C coffee cream (half & half)	3 T butter + 7/8 C milk
1 C heavy cream	1/3 C butter + 3/4 C milk
1 whole egg	2 egg yolks
1 T flour (for thickening)	1/2 T cornstarch or 2 t quick tapioca
1 C all purpose flour	1 C + 2 T cake flour
1 C cake flour	7/8 C all purpose flour (1 C, minus 2 T)
1 T fresh herbs	1 t dried herbs
1 C honey	1-1 1/4 C sugar + 1/4 C liquid
1 C fresh whole milk	1/2 C evaporated milk + 1/2 C water; 4 T instant dry whole (or non-fat) milk + 3/4 C water
1 C sour milk	1 T lemon juice or vinegar + sweet milk to make 1 C
1 T prepared mustard	1 t dry mustard
1 cake compressed yeast	pkg or 2 t active dry yeast

Equivalent Chart for Food Items

Crumbs:

3-4 slices bread	=	1 C dry crumbs
1 slice bread	=	$\frac{3}{4}$ C soft crumbs
28 saltines	=	1 C crumbs
15 graham crackers	=	1 C crumbs
22 vanilla wafers	=	1 C crumbs

Dairy:

Butter, 1 lb	=	2 C
Cottage cheese, 8 oz	=	1 C
Eggs		
whole, 4-6	=	1 C
whites, 8-10	=	1 C
yolks, 12-14	=	1 C
Heavy Cream, 1 C	=	2 C whipped
Milk		
Condensed, 15-oz can (sweetened)	=	$1\frac{1}{3}$ C
Evaporated, 6-oz can	=	$\frac{2}{3}$ C

Pasta & Grains:

Commeal, 1 C	=	4 C, cooked
Flour		
All purpose, 1 lb	=	4 C, sifted
Cake, 1 lb	=	$4\frac{1}{2}$ C, sifted
Whole wheat (graham)	=	$3\frac{1}{2}$ C, sifted
Macaroni, noodles, 1 C	=	2 C, cooked
Rice, 1 C	=	3-4 C, cooked
Spaghetti, 1 lb	=	7 C, cooked

Fruits & Vegetables:

Apples, 1 medium 1 lb	= 1 C sliced = 3 C sliced or diced
Avocado, 1 medium	= 2 C cubed
Asparagus, 1 lb	= 2 C
Bananas, 1 lb (3)	= 2 C mashed
Beets, 1 lb	= 2 C, diced
Berries, 1 pt	= 2 C
Cabbage, 1 lb	= 4 C, shredded = 2 C cooked
Carrots, 1 lb (8-10)	= 3 C, shredded = 2½ C, sliced or diced
Cranberries, 1 lb	= 4 C
Dates, 1 lb, pitted	= 3 C, chopped
Green Beans, 1 lb	= 3 C, cooked
Lemon, 1 medium	= 2-3 T juice = 1½ t grated rind
Mushrooms, 1 lb (35-40)	= 5 C, sliced, raw = 2 C, cooked
Onions, 1 medium	= ½ C, chopped
Oranges, 1 medium	= ⅓ C juice = 2 t grated rind
Peas, 1 lb	= 1 C, cooked
Pineapple, 1 medium	= 2½ C, cubed
Potatoes, 1 lb (3 med)	= 2 C, thinly sliced or cubed = 1¾ C mashed
Raisins, 1 lb	= 3 C
Spinach, 1 lb	= 6 C, raw = 1½-2 C, cooked
Summer Squash, 1 lb	= 1 C, cooked
Sweet Potatoes, 1 lb (3)	= 2 C, mashed
Walnuts, Pecans, Chopped (appr. 4½ oz) Halves (appr. 3½ oz)	= 1 C = 1 C

The Marvelous Microwave

 In microwave cooking, microwave energy is attracted to water molecules. Any item placed in the oven cavity will heat if it has water molecules in it. Because we are unsure of the exact water content of given items, all cooking times are approximate in microwave cooking.

 The materials and shapes of cooking utensils make an important difference when using the microwave oven. Microwave energy works on the density of the food placed in the oven cavity. The more dense the food property, the longer the cooking time required. For instance, when a recipe calls for a 2 qt casserole, and you substitute a shallow baking dish, the cooking time would be shortened, but may possibly affect the doneness of the item cooked. For best results, use the required pan size suggested in microwave recipes.

 Most metal should not be used in the microwave as metal reflects microwave energy. Consult your oven's Use and Care manual to see what metal, if any, can be safely used in your oven. *Aluminum Foil*, however, is an important utensil in microwave cooking. Aluminum foil is used to slow down the cooking process; use it on legs or wings of poultry which might otherwise overcook due to less density than the body of the bird.

 Contrary to popular belief, *foods will brown in the microwave oven!* Browning occurs after most foods have been exposed to microwave energy for 10 minutes. Some foods cook too quickly to begin the browning process, such as cakes, breads, cookies and some pies. To achieve browning with these items, try brushing the top of a baked good with melted butter or margarine, a sprinkle of sugar or brushing with a slightly beaten egg or egg white.

 For browning meats (which will not be exposed to microwave energy for at least 10 minutes), there are many fine products available on the market such as Kitchen Bouquet and Micro Shake. Paprika may also be used as an aid in browning. Some meat items with a high fat content will brown in less than 10 minutes.

 When converting recipes *from conventional to microwave*, begin starting amount of cooking time at $\frac{1}{4}$ the original conventional cooking time. For instance, if a recipe calls for 1 hour at 350°, you would begin at 15 minutes, setting the power level at 50–60%. Keep in mind that microwave cooking times are approximate.

Quick Tips for Your Microwave

1. When adding more than one item to the oven, do not double the cooking time. Add approximately $\frac{2}{3}$ of the original cooking time.
2. To soften brown sugar, leave in box, place in oven cavity. Turn on 1-2 minutes on HIGH. (Do not soften in box if sugar has a foil liner)
3. To separate slices of cold bacon, heat the package for a few seconds.
4. To plump citrus fruits for more juice and easier peeling, heat in microwave for about 15 seconds per fruit.
5. Dry herbs: Place a few sprigs of your favorite herbs or a $\frac{1}{2}$ cup of leaves between paper towels and microwave on HIGH for 2 minutes or until dry and crumbly. Allow to cool. (Time will vary)
6. Dry fresh flowers and leaves to preserve colors.
7. To shell pecans or walnuts easily with less breakage, place about 2 cups nuts, 1 cup water in a covered glass dish. Heat 1-2 minutes.
8. For hot finger towels: Wet washcloth or fingertip towel with water solution of 3 parts water to 1 part lemon. Wring out and roll towels. Heat in basket on HIGH for 1 minute.
9. For Hot Compresses: Heat damp cloth in microwave for approximately 45 seconds up to 1 minute.
10. Overlapping bacon causes bacon to stick together.
11. Dry lemon or orange rinds for a few minutes for making your own fresh grated peel.
12. Heat Brandy for flaming desserts in a cup glass measure about 15 seconds. Pour over dessert and ignite.
13. Soften hard ice cream for serving or molding in a few seconds. Makes an easier scoop. A $\frac{1}{2}$ gal—30-45 seconds on MED-LOW (40%).
14. Dry coffee grounds to use as a plant fertilizer between two paper towels in a baking dish for a few minutes.
15. Warm baby bottles or baby food jars. Loosen cap on bottle or remove jar lid, heat about 15-20 seconds or until warm.
16. Hot maple syrup is always better than cold—heat the whole bottle (cap removed) on HIGH. Room temperature 12-oz bottle—20 seconds, refrigerated 12-oz bottle—30-45 seconds.
17. Barbeque chicken in two steps. First, microwave 10-12 minutes on HIGH, finish on the grill. Especially helpful for a big group.
18. Garlic Butter by the jar. Melt 1 C butter on HIGH with 1-1 $\frac{1}{2}$ cloves garlic, peeled and split, for 1 $\frac{1}{2}$ -2 minutes. Let stand 15 minutes, remove garlic. Melt right in the container.
19. Refresh stale potato chips or crackers by putting a plateful in the microwave for about 30-45 seconds on HIGH. Let stand 1 minute to crisp.
20. To drain the fat from hamburger while it is cooking, cook it in a plastic colander placed inside a casserole dish. (1 lb cooks in 5 minutes on HIGH)
21. If you have any trouble getting the bottom of a cake done in your microwave, try putting the cake dish up on another dish or roasting rack. This also works for potatoes and other foods that don't quite get done on the bottom.

Browning Agent & Coating Chart*

AGENT	FOODS	COMMENTS
Soy or Teriyaki Sauce	Hamburgers, Beef, Lamb, Pork, Poultry	Brush on meat, rub into poultry
Barbecue Sauce	Hamburgers, Beef, Lamb, Pork, Poultry	Brush on or pour over
Melted Butter and Paprika	Poultry	Brush on butter, sprinkle with paprika
Brown Bouquet Sauce and Melted Butter	Hamburgers, Beef, Lamb, Pork, Poultry	Brush on meat, rub into poultry
Worcestershire or Steak Sauce and Water	Hamburgers, Beef, Lamb, Pork	Brush on
Onion Soup or Gravy Mix, Bouillon Granules	Hamburgers, Beef, Lamb	Sprinkle on before microwaving
Taco Seasoning Mix	Hamburgers, Savory Quick Breads	Sprinkle on before microwaving
Bread Crumbs, Bread Crumbs and Parmesan Cheese, Crushed Corn or Potato Chips	Casseroles	Sprinkle on after final stirring
Crushed French Fried Onion Rings, or Crumbled Bacon and Shredded Cheese	Savory Quick Breads, Casseroles	Sprinkle on before microwaving or after final stirring
Brown Sugar, Chopped Nuts, or mixture of both	Cakes, Sweet Quick Breads	Sprinkle on halfway through or after microwaving
Cinnamon-Sugar or Coconut	Sweet Quick Breads	Sprinkle on before microwaving
Powdered Sugar	Cakes	Sprinkle on after microwaving
Jelly, Preserves or Glazes	Ham, Poultry	Glaze ham after microwaving Poultry after ½ cooking time

*Many of these items add extra calories and/or salt. This may result in food which is spicier than you want.

Cooking Terminology

Bring to a boil — As liquid reaches the boiling point, bubbles appear at the bottom, rise to the top and then break. When all liquid is in motion, it has come to a boil.

Boil — Cook at the boiling point; adjust heat to maintain a boil—higher heat or faster boil will not cook faster.

Full, rolling boil — A boil that will rise in the pan, then tumbles into waves that cannot be stirred down. Usually happens in heavy sugar mixtures like candies or frostings.

Baste — To moisten foods (usually roasting meats) while cooking, with meat drippings, melted fat or sauces, to prevent drying and to add flavor.

Blend — To mix thoroughly two or more ingredients.

Braise — To brown meat or vegetables in a small amount of fat and cook, slowly, tightly covered; sometimes additional liquid is added after browning.

Cream — To beat shortening until smooth, creamy and light, with a wooden spoon or beater. Usually applied to shortening when combined with sugar.

Crisp — To make firm and brittle in very cold water or in the refrigerator (lettuce or other greens).

Cut — a) To break up food into pieces with a knife or scissors. b) To combine shortening with dry ingredients by working together with two knives used scissor fashion, or with a pastry blender used in a gentle chopping motion.

Dredge — To coat food with some dry ingredient, such as seasoned flour, crumbs or sugar.

Flambé — To cover food with a brandy or cognac, etc.; then light and serve flaming. (Heat liquor prior to flaming.)

Fold — To combine two ingredients—frequently beaten egg white and another mixture—very gently with a wire whisk or rubber spatula, using an under-and-over motion, until thoroughly mixed.

Garnish — To decorate any foods.

Glaze — To cover with aspic, thin sugar syrup or melted fruit jelly.

Marinate — To soak food, mainly meat, in acid such as lemon juice or tomato juice or in an oil-acid mixture like French dressing. Acts like a tenderizer, perks up flavor.

Plank — To bake or broil meat, fish or vegetables on a wooden or metal plank.

Purée — To work foods through a sieve or food mill or process in an electric blender until food is pulpy and smooth.

Reduce — To boil a liquid until you have a small, concentrated amount.

Sauté — To gently fry foods until golden and tender in a small amount of fat, usually butter.

Score — To cut narrow gashes, part way through fat in meats before cooking; eg., in steaks to prevent curling, or to cut diamond-shaped gashes part way through a ham before glazing.

Skewer — To thread foods, such as meat, fish, poultry or vegetables on a wooden or metal rod, so they hold their shape during grilling or broiling.

Chop — To cut food into smaller pieces, usually no bigger than $\frac{1}{2}$ " square.

Cube — To cut a solid piece into little cubes $\frac{1}{2}$ -1".

Dice — To cube in pieces less than $\frac{1}{2}$ ".

Flake — To break or pull apart food like chicken or fish that divides naturally, (often as a test for doneness) using two forks.

Grate — To tear off coarse-to-fine particles of food with a hand grater or mechanical device, eg., hard cheeses, orange, lemon peels, whole nutmeg.

Grind — To put through a food chopper or food mill.

Julienne — To cut potatoes or vegetables into matchlike sticks of uniform length.

Mince — To cut food into little pieces, finer than chopping.

Shred — To cut or tear into long, narrow pieces using a hand or mechanical shredder; cut cabbage to shreds with a sharp knife.

Sliver — To cut or split into long, thin strips with a sharp knife, eg., pimento, green pepper, almonds, citrus peel.

Homemade Playdough

2¼ C flour
1 C salt
2 T vegetable oil
1 C water
food coloring

Mix food coloring with water before adding to remaining ingredients. Knead with hands until thoroughly mixed. Store in plastic bag.

Mikey and Kevin Decker •Thousand Oaks, CA

Sidewalk Chalk

Make up Plaster of Paris as package directs, but add desired food coloring to water. Pour into molds made of empty toilet tissue rolls with a piece of plastic wrap stretched over one end and rubber-banded (to make the bottom of the mold). Dry thoroughly; peel cardboard tube off chalk and use. To keep little hands cleaner, only peel back a portion of the roll at a time, using the remainder as a "holder."

Sure-Fire Bubbles

2 C clean warm water
6 T glycerine (available at drug stores)
6 T liquid dishwashing detergent
a dash of sugar

Mix all ingredients in a clean bowl with a wire whisk or egg beater. Use as commercial bubble liquid.

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